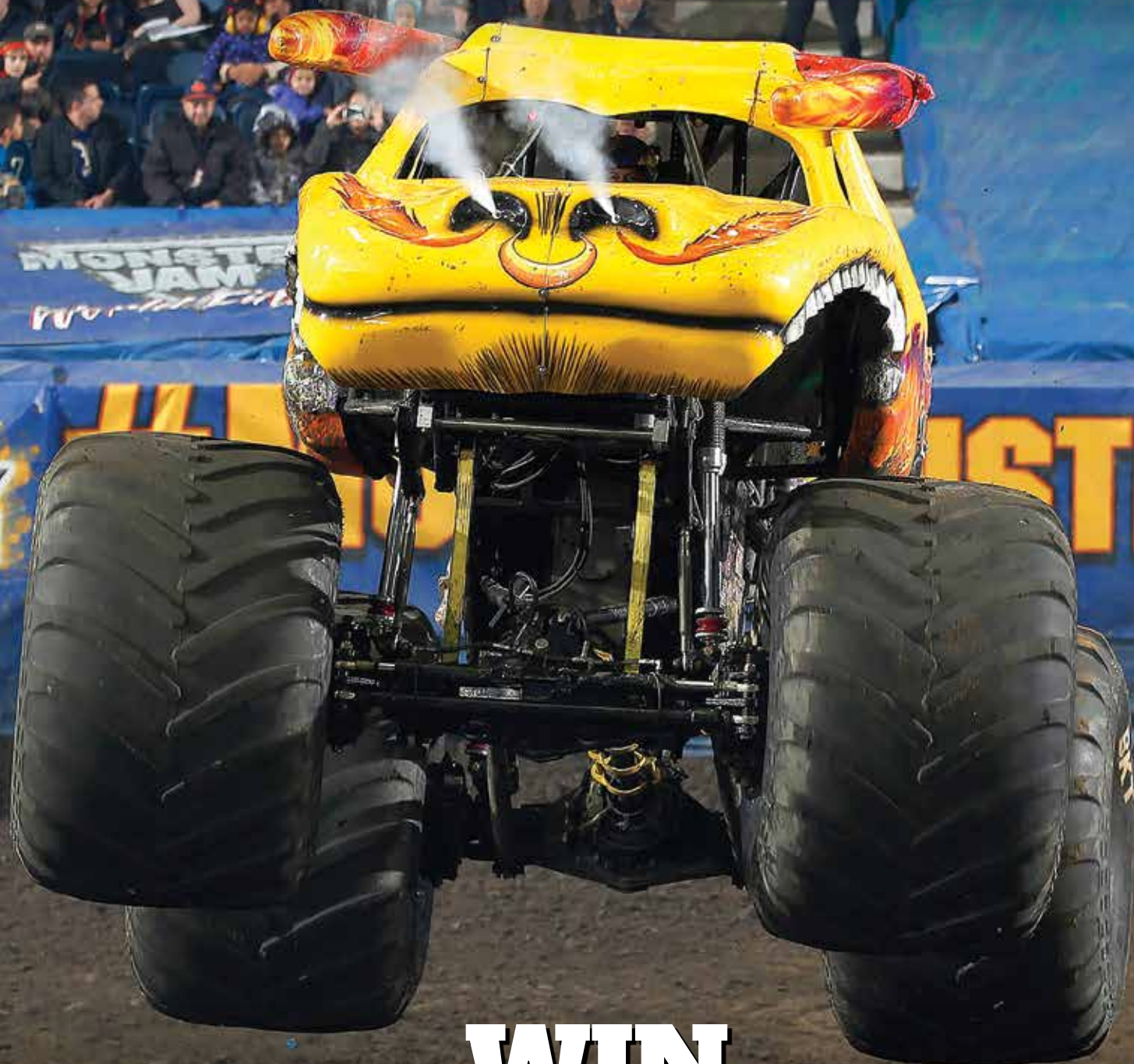


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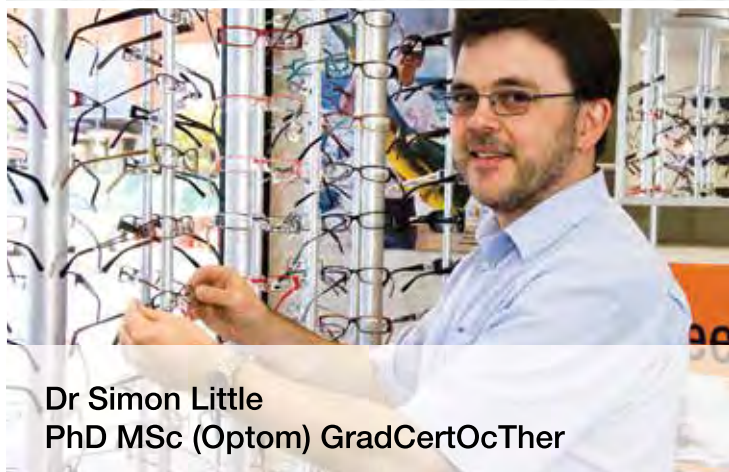
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Monster Jam® 2016 is the Perfect Father's Day Present

This Father's Day (that's September 4 everyone) give Dad a donut... not the high-calorie, cinnamon covered kind; we mean the super-high-powered, five-tonne, high-flying Monster truck type of donut, the kind he'll never forget! Monster Jam® is on again and tickets are the absolute hottest present for Father's Day.

10 Monster Jam trucks will be roaring into Brisbane on Saturday October 1 for the first show of the huge national tour. These 5,000kg beasts are going to rip up the track in a jaw dropping display of punishing stunts and high-flying, non-stop action.

Four new trucks and drivers will make their debut performance at the Brisbane show, one that promises even more super-charged moto-tainment than last year.

While Monster Jam trucks might be massive racing machines – four metres tall and four metres wide, powered by methanol injected engines emitting 1500-2000 horsepower – many of them all agree that performing death defying stunts in these hulks of metal is still not as hard as being a Dad!

Damon Bradshaw, Scott Buetow, Neil Elliott and Charlie Pauken, are four superstars of the Monster Jam world who will be getting in some precious 'dad time' with their children before heading to Australia for the massive Monster Jam tour.

Scott Buetow got thrown in to his first engine, a Suzuki 50, by his father when he was just six – but not to be one-upped, Buetow put his first born daughter on a Yamaha PW50 at age four! Now with four children, he's got a garage full of bikes and quads that take up his spare time when he's not driving the Team Hot Wheels® Firestorm® Monster Jam truck.

Neil Elliott has always been behind the wheel of something competitive. From working in the automotive industry since he was twelve

years old, to racing go-karts and competing in demolition derby events, with his wife, Candice Jolly – the woman behind the wheels of Monster Mutt® Dalmatian. With their first son, Chace, old enough to race go-karts with them, it won't be long till he gets a taste of Monster Jam wheels with Elliott showing him how it's done.

Charlie Pauken (Pirate's Curse®) is a perfectionist, and his priority is always to please his fans first (after his family of course!). Time spent with his son is a priority for Pauken, with his son involved with quarter midget racing. Together they work to get the cars just right, throwing him back to the days where he was a pit crew member.

And if Dad is a father to girls, then look no further, Monster Jam has two of the hottest female drivers in the world coming to Australia: Candice Jolly in Monster Mutt Dalmatian® and Becky McDonough of El Toro Loco®.

Queensland Sports and Athletics Centre (QSAC) in Brisbane will become Monster Jam playground central, dumped with 7500 tonnes of dirt to create a stage of spectacular jumps and obstacles.

This huge day out for the whole family kicks off with the Pit Party when event goers get unparalleled access to Monster Jam. Fans can view the Monster Jam trucks up close, meet the drivers and get their autographs!

Monster Jam 2016 is on Saturday 1 October, 2016 at QSAC, Kessels Road, Nathan and have a range of ticket options starting at \$28 for kids/ \$43 for adults and ranging right up to the Total Access Pass (\$184). The Total Access Pass is for the most extreme Monster Jam fans. With it you will have a premium experience - get early access, avoid the lines, a merchandise pack and enjoy exclusive Pit Party time. Purchase tickets from www.ticketmaster.com.au/MonsterJam or call 136 100.

For more information see www.MonsterJamOnline.com.au, Twitter, FB, IG and Youtube

WIN WE'VE GOT A GIFT WITH CHEST HAIR FOR YOUR DAD.

Even better than giving Dad tickets to Monster Jam® for Father's Day is scoring them for free and we've got 4 tickets to the Brisbane event to give away. It's one prize, so Dad can take his mates or his family.

All you have to do to enter your Dad (or yourself) is email us at comp@northlakesmessenger.com.au and tell us which is your favourite Monster Jam Truck. That's it. Easy.

The 4 tickets are C Reserve to the Brisbane Show on Saturday October 1 at 7pm. The total value is \$142. See more details on the tickets here:

www.ticketmaster.com.au/MonsterJam

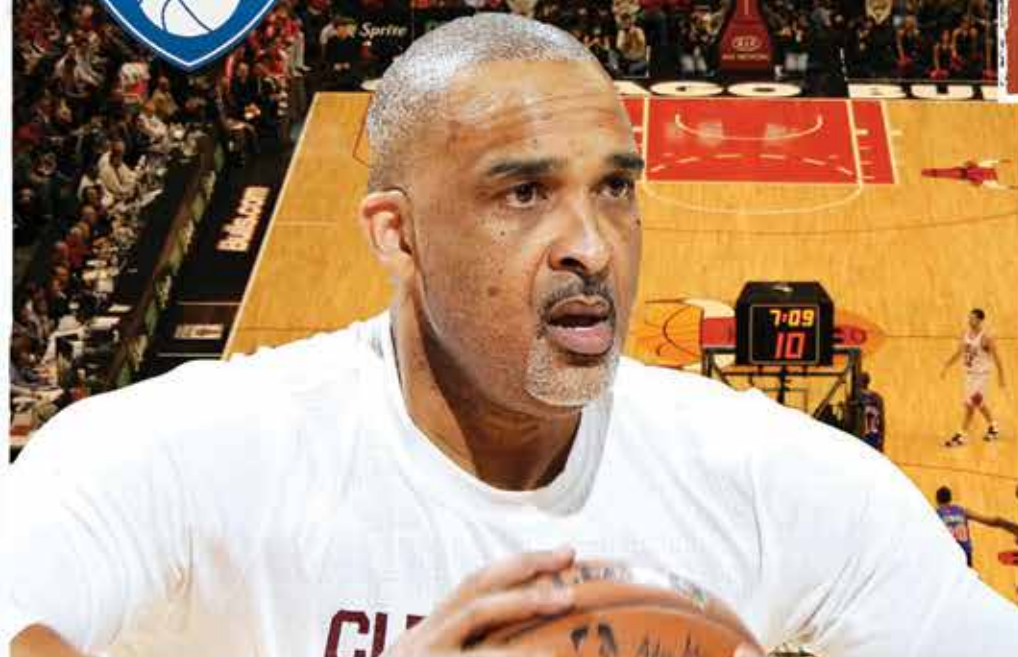
Get your entry in by Saturday September 10 and don't forget to include your contact details so we can tell you if you've won.

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2017 Moreton Bay Innovation Awards

- New Youth Category for region's next generation of inventors
- Applications are now open

The first ever Moreton Bay Innovation Awards (2016) were a successful launchpad for local innovators and entrepreneurs. The overall winner, Solar Combined Heat and Power, gained national exposure by featuring on one of Australia's most popular podcasts, The Mark Bouris Show, while the New Eye Company (Established Innovation category winner) landed a \$150k investment from the Network Ten program Shark Tank.

Last Friday, more than 120 local innovators, entrepreneurs, businesses and school students came together to help Moreton Bay Regional Council kick off its second annual (2017) Moreton Bay Innovation Awards.

Applications are now open for a range of award categories, including the new Youth Category designed to shine a light on the region's next generation of savvy inventors aged 17 and under.

To help launch the Youth Category,

students from seven schools across the region went head to head in the first-ever Moreton Bay Innovation Awards Schools Challenge, which saw students race against the clock to design a solution which would allow an egg to be dropped from height without sustaining structural damage. The students had 25 minutes to design and build their innovations, using basic materials.

There were a few broken eggs, not enough for an omelette, but after the hotly-contested battle, the Australian Christian College - Caboolture Campus, Grace Lutheran College - Rothwell, and Pine Rivers State High School's 'Wombat Warriors' each walked away with the bragging rights of the region's most proficient young problems solvers, placing first, second and third respectively.

Moreton Bay Regional Council Mayor Allan Sutherland said he was impressed with the caliber of problem solving and the quick, innovative thinking the school students demonstrated was a good sign that the new Youth Category would attract high-quality entries.

"Many schools across our region are delivering outstanding curriculums, with a strong focus on Science, Technology, Engineering and Mathematics (STEM), including coding, robotics, 3D-printing and engineering," Mayor Sutherland said.

"We know as a region we need to diversify our workforce and start growing the jobs

of the future now, which is why Council's number one project is the Moreton Bay Region University Precinct which will unlock thousands of higher education and knowledge-based work opportunities for today's youth.

"With Queensland's strongest economy, a booming population, and the convenience of a capital city without the capital city price tag, the Moreton Bay Region is the perfect place for new business startups and investment.

"We want our region to be known for our forward-thinking, and the Moreton Bay Innovation Awards are all about showcasing residents who are already achieving entrepreneurial success, or those who have fantastic ideas ready to be turned into innovative business opportunities.

"I encourage all residents, young and old, to start submitting your applications. You never know, we may just have the next Steve Jobs or Mark Zuckerberg living right here in the Moreton Bay Region, just needing a bit of mentoring and encouragement to help set them on their way to greatness."

Entries are now open and will close Monday, 31 October 2016. Winners will be announced at a Gala Event in early 2017.

For more information and entry details visit www.moretonbayinnovationawards.com.au or phone council on 3205 0555.



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Emerging Innovation
\$2,500 prize or sponsorship to the Moreton Ventures Boot-camp course and 6 months of free mentoring and desk space at the Moreton Ventures incubator.

Established Innovation
\$2,500 prize

Moreton Bay Showcase Award
\$2,500 prize or sponsorship to the Moreton Ventures Boot-camp course and 6 months of free mentoring and desk space at the Moreton Ventures incubator.

People's Choice Award
\$2,500 prize or sponsorship to the Moreton Ventures Boot-camp course and 6 months of free mentoring and desk space at the Moreton Ventures incubator.

Youth Category

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Established Innovation
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Tropo by Circa. Photo by Damien Bredberg

Brisbane Festival has fun for the whole family

Brisbane Festival has your activities and entertainment completely sorted thanks to the inclusion of the brand new Family Week, coinciding with the school holidays

For this year's Brisbane Festival, Artistic Director David Berthold wanted to include a strong line-up of shows and entertainment that were suited to the whole family.

"There's a particularly strong group of shows for kids and families this year. There are big shows, such as Tropo and La Verità, but also lots of smaller ones from some of Australia's very best. The great thing about shows for kids these days is that they are made to appeal to adults as well," Berthold explains of the family-focused additions to the program.

Tropo tells the story of a circus troupe that gets washed up on a beach and becomes dazed and confused with their colourful new surroundings.

Tropo was commissioned exclusively for Brisbane Festival and is performed by Circa, one of Brisbane's most celebrated home-grown international artistic group.

This explosively fun beach party of a show will transport the whole audience to a daring new acrobatic world, described as 'Alice in Wonderland meets The Tempest'.

"Circa is an international superstar of the circus world and The Courier-Mail Piazza is a big, open, friendly space. We've had some great shows in there over the years, such as Soap, but for the first time we're making a show especially for it. Tropo will be Circa at their joyous best and I wouldn't be at all surprised if this show sold out – you'd be troppo to

miss it," says Artistic Director David Berthold.

"The fact is that some of the most genuinely imaginative shows are made for this audience, so why wouldn't they appeal to everyone? And I can't wait to see Rainbow Vomit again. Amazing."

There's also La Verità, an acrobatic dream-like spectacular brought to us by the masterminds behind Cirque du Soleil's Corteo and Luzia to the return of Speigeltent sellouts The Listies, there is more than enough to keep the family entertained every weekend and the first week of the holidays!

The festival culminates with the biggest night on the Brisbane calendar- Sunsuper Riverfire on Saturday September 24. The iconic firework display brings the Festival and 21 days of breathtaking dance, music, arts, food and parties to a close in a spectacular fashion.

Now in its 19th year, Sunsuper Riverfire has continued to surprise and delight children and adults alike, lighting up the skies with an impressive pyrotechnic show.

Celebrations kick off at 12 noon with half a million spectators flooding to Brisbane's riverbanks, bars and restaurants, or setting up camp in backyards and balconies to view the explosive spectacle and celebrate with family and friends.

Brisbane Festival 2016 runs from September 3-24. Tickets are available from brisbanefestival.com.au.



FEATURE HIGHLIGHT

Blanc de Blanc - fresh from five star reviews in London

Blanc de Blanc

Definitely not for the whole family

Get ready for bubbles, bare flesh and breathtaking acrobatics as Strut & Fret Productions bring their latest titillating, high-end spectacle Blanc de Blanc to this year's Brisbane Festival.

Making its world premiere at Sydney Opera House earlier this year and soon to head to London's West End, Blanc de Blanc is an adult-themed cocktail of burlesque, cabaret and circus with talent drawn from around the world. Described as a French-inspired cabaret show that will infatuate, illuminate and delight the senses with extravagant acrobatics, tantalising tunes and a few saucy surprises.

Receiving five star reviews in London recently, and a triumphant run at Sydney Opera House, the Champagne-inspired circus opens in Brisbane from September 2 to 24 in the Magic Mirrors Spiegel tent at South Bank as part of Brisbane Festival.

Blanc de Blanc serves a blend of vintage glamour, high-end spectacle and titillating acts to infatuate, illuminate and delight. It brings the finest cabaret and acrobatic talent from around the world into a wild, shimmering night – anticipate big moves, great tunes, lots of skin, and more than a few surprises. From the acclaimed creative minds behind Madonna's recent Rebel Heart tour and festival sensations LIMBO, Fear & Delight, and Cantina – Brisbane-born Scott Maidment, creative director at Stut & Fret production house no less - this brand new production direct from London's West End is a seductive, immersive and totally naughty night out.

Brisbane-born Australian mime artist, juggler and acclaimed clown Jaimi Luhmann performs with eight other leading artists from around the world, all masters of their craft with backgrounds in burlesque, aerial artists, hula-hooping and contortion. Details on this extraordinary cast – see below!

This is a show that overflows with giant bubbles, foam, a human champagne fountain and more! So, let the champagne sparkle, your eyes glimmer, and the sensual and salacious combine for an evening of breathless abandon.

Tickets are: Premium \$78, General Admission \$65, Concession \$55, Standing \$38 available from www.brisbanefestival.com.au/whats-on/blanc-de-blanc

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I've been told that I am too abrasive

Hi Leonie,

Last year I landed a job in sales and have been working really hard to get ahead. I really want to make a great future and build on my skills. I have been listening to self development tapes and reading all the motivational books but I find client meetings, presentation and networking so very hard. I do all the things they say like a vision board, self affirmations and standing in my own power and being positive and focused.

When I talk to my clients about what I can do for them I feel I have done well but they don't choose me. I am attractive and always dress well and do my makeup and hair to look polished. I am middle aged now and my kids are independent so I feel it's my time to shine and I'm happy to sink as many hours as necessary to achieve my goals.

I have just recently been told though that I am too abrasive. So after some really hard looks at myself I have decided that communication is an issue and I really want to make a good impression. Can you give me some advice about how to build better client relationships?

How to act and what to say?

Name and area withheld by request

Hi,

The first thing that comes to my mind is that many of these motivational books and tapes are extremely good but they are also often not Australian and in being so may not have pitches and strategies that appeal to the Australian culture. I feel that you need to understand that the average Australian, especially baby boomers, don't like that "rah rah" hyped up American approach and I also feel that most of us Aussies can spot a phoney a mile off. So what I suggest is that you consider your audience and if you are anywhere near North Lakes I think this would mostly be Aussies, Brits and Kiwis.

I would like you to be the best version of yourself and no one else. Authentic people tend to do very well in sales because they are personable and real. If you try to adopt the persona of anyone else you may not come across as a genuine person and it's this very quality that I believe helps people put their trust in sales people and their products. So consider taking all the great ideas from these books and seeing which ones feel right for you and sit with your particular personality and energy.

That being said you almost certainly could benefit from doing some formal study in communication so that you can expand on your knowledge base. Psychology in Marketing would almost certainly be a great module for you to undertake and if you want more information on this, send me another email and I'll send you the information.

I would also suggest that you need to speak in a conversational style rather than speaking to clients in an "I'm the Expert" manner. One of my pet hates when dealing with sales people is when you seek to clarify something about a product or service and they use the one word response of "Correct!" When this happens to me I immediately take my business elsewhere because I am seeking information not having a paper graded.

You should be congratulated for your earnest self reflection with a view to identify weakness and the next step is to seek professional development in any areas you find yourself lacking. Do bear in mind that not everyone will like you. We all have people who love us, like us and are neutral to us. We also have people who hate us, dislike us and would love to see us crash and burn. This is the human condition and the very reason you should always be yourself because when you are authentic and will attract your fair share of supporters.

So my advice would be to firstly only be yourself and not any character version of a polished performer, secondly to professionally develop your communications skills and thirdly, know your audience.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.

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Disclaimer: The opinions expressed here are those of the writer and do not represent the opinions of the Messenger. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions.

North South Arterial

Dear Messenger, not everyone agrees with your editorialising about the new road.

None of you who work there obviously live anywhere near this road but there are many of us who do and none of us thought it was "exciting" news. In fact we've been dreading it - the noise, the danger, devaluing of our homes.

Remember, we may be living in landed houses, but this is high density living and they've plonked a highway in our back yards, there are lots of elderly and young people around here. We've been here for years. Do you think they would build such a disgrace in the backyards of people who live in Ascot? No they wouldn't. Apparently we are less important.

The design (especially around Copeland) is a disaster and the speed limit is reckless. These issues weren't addressed. I wonder if they ever will be?

Very Unhappy
G&G, B

This is Australia not Great Britain

Who on earth decided to name the new road the Queen Elizabeth 2 Jubilee Drive? Hey this is Australia not Great Britain !

Are they saying that there is no one in the whole of Moreton Bay Shire, Brisbane or even Queensland worthy of having it named after them?

The new bridge between Woody Point and Sandgate is named the Ted Smout bridge after a local identity but there is no one around here.

Surely this can be reconsidered before all the signs are made and installed.

We are all asked to support Australia so lets get cracking. By the way isn't it good to see that all the new traffic lights are still timed for Monday to Friday and have not been altered for the weekend traffic.

Leftie



Got something to say? Be heard when you write to
community@northlakesmessenger.com.au

WHAT'S ON

Our guide to what's on

Easily submit your event on our homepage
www.northlakesmessenger.com.au

Please direct questions about this free service to editor@northlakesmessenger.com.au

C&K KIPPA- RING KINDERGARTEN TWILIGHT MARKET

Date: Saturday September 3

TIME: 3pm til 6pm

Location: Kirami Park, Cnr Kappella & George Streets
Kippa-Ring

Cost: Free

This event will include fire truck, cake stall, pony ride, sausage sizzle, animal farm & 20 plus market stalls

WHY NOT SCULPTURE GARDEN

Date: Every weekend in September and November

TIME: 9am to 3pm

Location: 13 Caribbean Court, Deception Bay

Cost: \$8 entry

The Why Not Sculpture Garden is where artworks nestle among the garden beds. These sculptures are finished with mosaics, painted or acid stained. Entry price includes morning or afternoon tea.

THE LAKES CRICKET CLUB SIGN-ON

Date: 3 September, 2:00 PM - 4:00 PM

Location: The Lakes College, College Drive, North Lakes

Cost: Varies

Play Junior Cricket by signing up with The Lakes Cricket Club. All ages welcome. For more details or to register now go to www.thelakescricketclub.org.au.

SCARBOROUGH SOUNDS

Date: Sunday, 4 September 2016

Time: 4pm - 8pm

Location: Scarborough Park, Scarborough

Cost: Free

Spend Father's Day afternoon by the Scarborough seaside listening to world class music such as the Hot Potato Band, Thomas Armstrong-Robley & Suited to You, and Parasol featuring Franky Smart. Bring along a blanket or chair and settle in for an afternoon of family-friendly entertainment with a bar and gourmet food. More info: www.redcliffefestival.com.au

SPRING FAIR & EXPO

DATE: Saturday 10 September

TIME: 7:00AM - 2:00PM

Location: The Salvation Army Pine Rivers,
27 - 29 Lawnton Pocket Road, Lawnton

Cost: Free

Come and see The Salvation Army in action. We have lots of entertainment happening. Kids bring your bike along for Our Decorate Your Bike Competition (ages 5 - 10) Jumping Castle. Variety of stalls (from crafts, cakes, plants), plenty of food, Silent Auction. The local Fire-fighters and their Big Red Truck are coming.



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Health Care Homes for Moreton Bay Region

BY DR ANITA GREEN, BRISBANE NORTH PHN

A new healthcare initiative in Brisbane North and the Moreton Bay region will provide greater access to coordinated medical, allied health and out-of-hospital services to support people with complex chronic health conditions.

In a major health policy announcement last week, Prime Minister Malcolm Turnbull and Health Minister Sussan Ley revealed that Brisbane North PHN had been selected as one of ten 'Health Care Homes' sites nationwide.

Under the Health Care Homes model, eligible patients will be able to voluntarily enrol with a participating medical practice, which will provide a patient with a 'home base' for the ongoing coordination, management and support of their health conditions.

Mr Turnbull said patients with chronic conditions naturally have the most consultations with their doctors and consequently have the most charges through the Medicare system, because they need more support and more health care.

"But [under the new model] these chronic patients will be able to be treated on the basis of a more holistic basis and the

practices will be rewarded or paid on a quarterly basis," Mr Turnbull said.

Ms Ley said she was often asked what makes a world class health system. "It is of course the clinicians, the doctors, the nurses, the allied health professionals, the people who patients sit and talk to, the people who deliver the care," Ms Ley said.

"What we want to do in Government is to enable the system to deliver the best care possible for the patient, the best clinical care, the best wrapped-around consultation, ability for every individual to get what they need at the right time, and in the right place," she said.

Brisbane North PHN Board Chair Professor Claire Jackson welcomed the announcement and praised local GPs who have shown great leadership over many years in developing improved models of patient care.

The PHN's close ties with the Metro North Hospital and Health Service (HHS) are also essential in ensuring a seamless transition to the Health Care Homes model, according to Professor Jackson.

"We have been working alongside our local hospitals and GPs for more than two decades to deliver integrated care solutions for patients with complex chronic health conditions," Professor Jackson said.

"Our innovative local programs have meant thousands of Queenslanders have accessed coordinated care for serious conditions like diabetes, heart disease and stroke," she said.

Metro North HHS Chief Executive Ken Whelan congratulated the PHN on its selection and said he looked forward to

continuing the close partnership between both organisations.

"I am very supportive of the Health Care Homes model. It will give more patients control over their own well-being, helping them to remain healthier, at home, in the community," Mr Whelan said.

"Both clinicians and their patients will benefit through improved coordination of care and reduced demand on hospital resources," he said.

Professor Jackson added that Health Care Homes would provide greater flexibility to GPs and better support quality patient care for more complex patients.

"We are working closely with local GPs, the RACGP, AMA and allied health groups to ensure the Health Care Homes model will lead to improved patient health outcomes and strengthen the doctor-patient relationship," she said.

The Australian Government has advised that stage one will support eligible primary care providers to deliver coordinated care, management and support to approximately 65,000 voluntary participants with chronic and complex conditions.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



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Your Stars



Aquarius Jan 21-Feb 19: Right now there's more sound than fury signifying nothing, but don't say that out loud. Just weather the storm with a fixed expression of concern on your face.



Pisces Feb 20-March 20: Circumstances are such that you couldn't succeed if you tried. Thankfully it's only temporary. Wait a few days and circumstances will straighten themselves out.



Aries March 21-April 20: Walking on eggshells isn't your style. Since you're going to put your foot in it wherever you turn you might as well step proudly.



Taurus April 21-May 21: A financial dispute will get worse before it gets better. But you're not on the losing end. Bunker down and you'll outlast the opposition.



Gemini May 22-June 21: The more you try to make things right, the worse matters become. Quit while you're ahead and you can still emerge unscathed.



Cancer June 22-July 23: Your gut instinct, emotional intelligence, and moral compass are all working at cross-purposes this week. Wait until early next week when you regain equilibrium.



Leo July 24-Aug 23: Stop looking for support from people who can't give it. It's not that they're against you. They just don't understand your motivations.



Virgo Aug 24-Sept 23: You need to free your mind so your body can rejuvenate. It's not healthy to feel so cloudy.



Libra Sept 24-Oct 23: You can't ask people to believe in you when you don't believe in yourself. That's something you need to work out in private before you can expect support.



Scorpio Oct 24-Nov 22: Just because you're in too deep doesn't mean you have to see things to the bitter end. Now's the time to put on the thinking cap that should've been donned earlier.



Sagittarius Nov 23-Dec 21: The simple truth is that you can only do what you can do. You'll soon discover that that's more than enough.



Capricorn Dec 22-Jan 20: Limitations force you to be resourceful. Maybe one day you'll come to accept this as the secret to your success.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Hot In Cleveland. (PG) **12.30** Fish'n With Mates. (PG) **1.00** The Block. (PG) **2.10** The Block. (PG) **3.20** The Block. (PG) **4.30** Garden Gurus. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: Transformers: Age Of Extinction. (PG) (2014) Mark Wahlberg, Stanley Tucci. **10.10** Movie: Fighting. (M) (2009) Channing Tatum, Terrence Howard. **12.20** Movie: The Wicker Man. (M) (1973) Edward Woodward. **2.05** Movie: Blood From The Mummy's Tomb. (M) (1971) **3.50** Nine Presents. (M) **4.00** Fish'n With Mates. (PG) **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **10.30** Teen Titans. (PG) **11.00** Dennis & Gnasher. **11.30** Pirate Express. **12.00** Kitchen Whiz. **12.30** Wild Kratts. **1.00** Yu-Gi-Oh! (PG) **1.30** Yu-Gi-Oh! (PG) **2.00** Yo-Kai. (PG) **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **3.30** Ninjago: Masters Of Spinjitzu. (PG) **4.00** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Movie: Ella Enchanted. (PG) (2004) **7.20** Movie: Hairspray. (PG) (2007) **9.35** Movie: Are We Officially Dating? (MA15+) (2014) **11.35** Adult Swim. (MA15+) **12.35** Forever. (M) **2.30** Surfing Australia TV. **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Wild Kratts. **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **1.20** To Be Advised. **2.30** To Be Advised. **3.30** Surf Patrol. **4.00** Better Homes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Pirates Of The Caribbean: Dead Man's Chest. (PG) (2006) Johnny Depp, Keira Knightley. A man searches for a pirate. **10.00** Movie: The World's End. (MA15+) (2013) Simon Pegg, Martin Freeman. A pub crawl reunites friends. **12.05** Dr Oz. (PG) Dr Oz looks at hair salon health concerns. **1.05** Harry's Practice. Information about pet care. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Shopping. **8.00** Room For Improvement. **8.30** Travel Oz. (PG) **10.00** The Travel Bug. (PG) **11.00** Home In WA. **11.30** Great South East. **12.00** The Great Australian Doorstep. (PG) **12.30** Qld Weekender. **1.00** WA Weekender. **1.30** Sydney Weekender. **2.00** Horse Racing. Cox Plate Preview Day. Chelmsford Stakes Day. **5.30** No Reservations. (PG) **6.30** Mighty Cruise Ships. (PG) **7.30** Chris Tarrant's Extreme Railways. **8.30** Escape To The Country. **9.30** Original Features. **10.30** Air Crash Investigation. (PG) **11.30** No Reservations. (PG) **12.30** Mighty Cruise Ships. (PG) **1.30** Sydney Weekender. **2.00** WA Weekender. **2.30** Qld Weekender. **3.00** The Great Australian Doorstep. (PG) **3.30** Late Programs.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** The Living Room. **1.00** Healthy Homes Australia. **1.30** Life Inside The Markets. **2.00** The Great Australian Spelling Bee. **3.00** Cruise Mode. **3.30** Puppy Academy. **4.00** What's Up Down Under. **4.30** Places We Go With Jennifer Adams. **5.00** News. **6.00** Travels With The Bondi Vet. **6.30** Big Birds. (PG) **7.30** Movie: We Bought A Zoo. (PG) (2011) Matt Damon, Scarlett Johansson. A single father buys a rundown zoo. **10.05** Movie: Dawn Of The Planet Of The Apes. (M) (2014) Jason Clarke. **12.40** 48 Hours. (M) **1.40** 48 Hours. (M) **2.30** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Morning Programs. **10.00** World Sport. **10.30** Hogan's Heroes. **11.30** The Unstoppables. **12.00** Star Trek: Voyager. **1.00** MacGyver. **2.00** Motor Racing. Porsche Carrera Cup Series. Round 5. Highlights. **3.00** M*A*S*H. **4.00** The McCarthys. **4.30** Reel Action. **5.00** Driven Not Hidden. **5.30** Escape Fishing With ET. **6.00** The Renovation King. **6.30** The Unstoppables. **Final. 7.00** Last Man Standing. **7.30** Megastructures. **8.30** Megafactories. **9.30** Zoo. **10.30** Crisis. **11.30** Rosewood. **12.30** Bellator MMA. **4.00** Motor Racing. Formula 1. Race 13. Belgian Grand Prix. Replay. **5.00** Champions Of The Rottent Channel. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.40** The Checkout. (PG) **12.10** Birds Of A Feather. (PG) **12.30** QI. (PG) **1.05** Pointless. **1.50** The Men Who Made Us Fat. **2.40** Restoration Man. **3.30** Inside The Commons. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Agatha Raisin. (PG) New. **8.20** Agatha Christie's Partners In Crime. (M) **9.15** The Doctor Blake Mysteries. (M) **10.15** Poldark. (PG) **11.15** The Code. (M) **12.15** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **5.25** Sarah And Duck. Final. **5.30** Hoot Hoot Go! Final. **5.40** Peppa Pig. **5.50** Kazoops! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. **8.20** Would I Lie To You? **8.50** The Moaning Of Life. (M) **9.35** Live At The Apollo. (M) **10.20** Catastrophe. (MA15+) Final. **10.50** Broad City. (M) **11.10** Episodes. (M) **11.40** Breaking Bad. (M) **12.30** Breaking Bad. (MA15+) **1.15** Highway Thru Hell. (M) **2.05** The Moaning Of Life. (M) **2.50** News Update. **2.55** Close. **5.00** Franklin And Friends. Final. **5.20** The Koala Brothers. **5.30** Bert And Ernie. Final. **5.40** Dorothy The Dinosaur. Final. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** The Rise And Rise Of Donald Trump. (PG) **3.35** Food Lovers' Guide To Australia. **4.05** The Classic Car Show. (PG) **5.00** Cycling. La Vuelta a España. Stage 13. Highlights. **5.30** Who Do You Think You Are? **6.30** SBS World News. **7.35** Million Dollar American Princesses. **8.30** Movie: You Will Meet A Tall Dark Stranger. (M) (2010) **10.20** RockWiz. (M) **11.15** Cycling. La Vuelta a España. Stage 14. **2.00** Witnesses. (M) **3.05** Witnesses. (M) **4.00** Food Lovers' Guide To Australia. **4.35** Spine. (MA15+) **4.50** How The Light Gets In. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Where Are We Going, Dad? **2.40** Caldera. (PG) **2.50** Rebel Music. (M) **3.20** Don't Tell My Mother... (PG) **4.15** Don't Tell My Mother... (PG) **5.15** 365: Every Day Documentaries. **5.20** Movie: The Fox And The Child. (G) (2007) **7.00** Food, Booze And Tattoos. **7.30** If You Are The One Australia Special. **8.30** Heston's Dinner In Space. **9.25** 12 Monkeys. **10.15** 12 Monkeys. (M) **11.05** Lost Girl. (M) **11.55** Movie: Weird Science. (M) (1985) **1.35** Movie: The Angels' Share. (MA15+) (2012) **3.30** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.35pm No Strings Attached (2011) Comedy. Ashton Kutcher, Natalie Portman. (M) **Romance** **8.30pm Bridget Jones's Diary** (2001) Comedy. Renée Zellweger, Colin Firth. (M) **Romance** **10.30pm Labyrinth** (1986) Adventure. David Bowie, Jennifer Connelly. (G) **Family** **GENERAL** **6.30pm The Amazing Race**. (PG) **FOX8** **8.30pm Just For Laughs**. (M) Comedy Channel **DOCUMENTARY** **6.30pm Baby Animals In The Wild**. (PG) **National Geographic Wild** **7.30pm Treehouse Masters**. (PG) **Discovery** **9.30pm Hell's Kitchen**. (MA15+) **Lifestyle Food** **SPORT** **12.30pm Rugby Union**. Mitre 10 Cup. Round 3. Tasman v Taranaki. **Fox Sports 2** **7.30pm Rugby League**. NRL. Round 26. Melbourne Storm v Cronulla Sharks. **Fox Sports 1** **9.00pm Golf**. European PGA Tour. European Masters. Third round. **Fox Sports 2**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora The Explorer. **7.00** Weekend Today. **10.00** Wide World Of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Full Cycle. **1.30** Rugby League. QRL. Intrust Super Cup. Finals Week 1. **3.30** Rugby League. NRL. Round 26. New Zealand Warriors v Parramatta Eels. From Mt Smart Stadium, Auckland, New Zealand. **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** Killer On The Line. (M) New. **10.30** Real Detective. (M) New. **11.30** Unforgettable. (M) **12.30** Constantine. (M) **1.30** Full Cycle. **2.00** The Baron. (PG) **3.00** Global Shop. **3.30** Skippy The Bush Kangaroo. **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Little Charmers. **11.30** Wild Kratts. **12.00** Rabbids Invasion. (PG) **12.30** SpongeBob. **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** LEGO Friends. **2.30** Nexa Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Ninjago: Masters Of Spinjitzu. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Ben 10. (PG) **6.00** Batman. (PG) **6.30** Movie: Wild Wild West. (PG) (1999) **8.40** Movie: Broken Arrow. (M) (1996) **10.50** Movie: Snakes On A Plane. (M) (2006) **1.00** Adult Swim. (MA15+) **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Little Charmers. **4.30** Surfing Australia TV. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Henry Hugglemonster. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Movie: Sharpay's Fabulous Adventure. (G) (2011) **2.00** Movie: Last Chance Harvey. (PG) (2008) **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** The Big Music Quiz. (PG) **8.00** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.00** Criminal Minds. (M) Interpol agent Emily Prentiss tracks an international serial killer to American soil. **10.00** Criminal Minds. (M) The team profiles a series of abductions. **11.00** Motive. (M) **12.00** Scandal. (M) **1.00** Scandal. (M) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Storage Hoarders. **1.30** Mighty Cruise Ships. (PG) **2.30** No Reservations. (PG) **3.30** Escape To The Country. **5.30** Intolerant Cooks. **6.00** Mighty Ships. **7.00** For The Love Of Dogs. (PG) **7.30** Britain's Busiest Airport: Heathrow. (PG) **8.30** Escape To The Country. **9.30** Escape To The Continent. **10.45** Mighty Ships. **11.45** Escape To The Country. **1.45** Escape To The Continent. **3.00** Storage Hoarders. **4.00** The World Around Us. **5.00** Dr Oz. (PG)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Just Go. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** Jamie's 15-Minute Meals. **12.30** What's Up Down Under. **1.00** The Doctors. (PG) **2.00** To Be Advised. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Modern Family. (PG) **7.30** Australian Survivor. **8.40** Bondi Rescue. Maxi puts his life on the line to rescue two fishermen from a capsized boat. **9.10** Bondi Rescue. (PG) A two-year-old girl is trapped in a locked car. **9.40** Motor Racing. Formula 1. Race 14. Italian Grand Prix. **12.00** 48 Hours. (M) **1.00** 48 Hours. (M) **2.00** Shopping. **4.00** Healthy Homes TV. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Healthy Homes Australia. **8.30** The Offroad Adventure Show. **9.30** Life Inside The Markets. **10.00** The Unstoppables. **10.30** Real Action. **11.00** 4x4 Adventures. **12.00** Puppy Academy. **12.30** Avon Descent. **1.00** Undercover Boss. **2.00** Megafactories. **3.00** Cruise Mode. **3.30** Netball. International Quad Series. Game 3. Australia v New Zealand. **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. **7.30** Scorpion. **8.30** Tiger: Spy In The Jungle. (PG) **9.30** Movie: Jarhead. (MA15+) (2005) **12.00** Motorcycle Racing. MotoGP. Race 12. British Grand Prix. **1.30** World Sport. **2.00** RPM GP. **2.30** RPM. **3.30** Homeland. **4.30** Avon Descent. **5.00** Driven Not Hidden. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** The World This Week. **11.30** Songs Of Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Agatha Christie's Partners In Crime. (M) **3.00** Poldark. (PG) **4.05** Australian Story. **4.35** Julia Zemiro's Home Delivery. (PG) **5.10** Agatha Raisin. (PG) **6.00** Anh's Brush With Fame. (PG) **6.30** Compass. **7.00** ABC News Sunday. **7.40** Grand Designs New Zealand. Final. **8.30** Vera. (M) **10.00** The Bletchley Circle. (M) **10.45** The Honourable Woman. (M) **11.45** Meet The Mavericks. (M) **12.15** Rage. (MA15+) **2.40** Vera. (M) **4.10** The Bletchley Circle. (M) **5.00** Insiders.

ABC2

6.00 Children's Programs. **4.00** Bananas In Pyjamas. **4.10** Wiggle. **4.25** Mister Maker Around The World. **4.45** Sydney Sailboat. Final. **5.00** Fireman Sam: Heroes Of The Storm. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Seconds From Disaster. (M) **8.20** The Daters. (M) **8.30** Michael McIntyre's Comedy Roadshow. (M) **9.15** Louis Theroux's Weird Weekends. (M) **10.05** Cocaine Cowboys. (M) **12.05** Army Girls. (M) **12.55** Seconds From Disaster. (M) **1.45** The Home Show. **2.30** News Update. **2.35** Close. Return. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The Bowls Show. **2.00** Speedweek. **4.00** Vxwomen Cycling. **4.30** Cycling. La Vuelta a España. Stage 14. Highlights. **5.00** Small Business Secrets. **5.30** The Hollywood War. (PG) **6.30** SBS World News. **7.35** Search For Atlantis. (PG) **8.30** World's Biggest Sea Battle. **9.40** Curing Alzheimer's. **10.40** Cycling. La Vuelta a España. Stage 15. **2.00** Movie: Look For A Star. (PG) (2009) **4.05** Food Lovers' Guide To Australia. **4.40** Strangeface. (M) **4.50** Destination Flavour. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **12.30** Dutch News. **1.00** MythBusters. **2.00** MythBusters. (PG) **3.00** Friday Feed. **3.30** Community. (PG) **3.55** Community. (PG) **4.25** How The Light Gets In. (PG) **5.35** Stacey Dooley: Coming Here Soon. (M) **5.45** 365: Every Day Documentaries. **5.50** Where Are We Going, Dad? **7.30** If You Are The One Australia Special. **8.30** Movie: Star Trek: The Motion Picture. (PG) (1979) **10.55** Full Frontal With Samantha Bee. (M) **11.25** I'm A Stripper. (M) **12.15** Savage U. (M) **12.40** Mistaken For Strangers. (M) **2.00** Movie: The Solitude Of Prime Numbers. (M) (2010) **4.10** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Runaway Bride (1999) Romance. Julia Roberts, Richard Gere. (PG) **Romance** **8.30pm Inglourious Basterds** (2009) Action. Brad Pitt. (MA15+) **Masterpiece** **9.00pm Mr Magorium's Wonder Emporium** (2007) Family. Dustin Hoffman, Natalie Portman. (G) **Family** **GENERAL** **8.00pm Impractical Jokers.** (MA15+) **Comedy Channel** **8.30pm Robot Chicken.** (MA15+) **Comedy Channel** **8.30pm Duck Quacks Don't Echo.** (PG) **UKTV**

DOCUMENTARY

6.00pm The Music From Classical Destinations. (PG) **Foxtel Arts** **9.30pm 24 Hours In Emergency.** (PG) **Lifestyle** **SPORT** **2.30pm Cricket.** One-day International Series. Sri Lanka v Australia. Game 5. **Fox Sports 2** **6.30pm Rugby League.** NRL. Round 26. Panthers v Sea Eagles. **Fox Sports 1** **11.45pm Motorcycle Racing.** MotoGP. Round 12. British Grand Prix. Race. **Fox Sports 3**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0409

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Married At First Sight. (M) **10.00** Amazing Medical Stories. (PG) **11.00** An Hour To Save Your Life. (M) **12.20** Community. (PG) **12.50** Short Poppies. (PG) **1.20** Short Poppies. (PG) **1.50** Nine Presents. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Steven Universe. (PG) **12.30** Ben 10. (PG) **1.00** Power Rangers Dino. (PG) **1.30** Kate And Mim-Mim. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Little Charmers. **3.30** Power Rangers Dino. (PG) **4.00** Kids' VVB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Steven Universe. **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Top Gear. (PG) **9.00** Movie: Kill Bill: Vol. 1. (MA15+) (2003) **11.10** Movie: Boogie Nights. (MA15+) (1997) **2.00** Power Rangers Dino. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Dead At 17. (M) (2008) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Zumbo's Just Desserts. (PG) **8.50** Australia's Cheapest Weddings. (PG) A tattooed pin-up model finds herself looking out of place in a small outback town. **9.50** Big Bang. (PG) Raj is overwhelmed after his parents arrange a blind date for him. **10.20** Big Bang. (PG) **10.50** Big Bang. (PG) **11.15** The Goldbergs. (PG) **11.45** The Goldbergs. (PG) **12.15** Packed To The Rafters. (PG) **1.15** The Real Seachange. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** Flushed. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Best Houses Australia. **12.00** Escape To The Country. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** The Zoo. **3.30** RSPCA Animal Rescue. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) **8.30** Wallander. (MA15+) Kurt investigates the deaths of three teenagers who were found dressed in 18th-century clothing. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Lovejoy. (PG) **1.30** Dr Oz. (PG) **3.30** The World Around Us. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.10** Ent. Tonight. **2.40** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australian Survivor. **9.00** Have You Been Paying Attention? (M) Special guests include Ed Kavalee, Sam Pang, Urzila Carlson, Anne Edmonds and Wil Anderson. **10.00** The Odd Couple. (PG) Return. **10.30** The Odd Couple. (PG) **11.00** Elementary. (M) **12.00** The Project. **1.00** The Late Show With Stephen Colbert. (PG) **2.00** Shopping. **4.00** Healthy Homes TV. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Netball. International Quad Series. Game 3. Australia v New Zealand. Replay. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Vegas. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) Final. **8.30** Movie: Deep Impact. (M) (1998) Morgan Freeman, Robert Duvall, Téa Leoni. **11.00** Man Seeking Woman. (M) **11.30** Man Seeking Woman. (MA15+) **12.00** Friends With Better Lives. (M) **1.00** Motor Racing. Formula 1. Race 14. Italian Grand Prix. Replay. **3.30** Diagnosis Murder. (PG) **4.30** Hogan's Heroes. **5.00** The Doctors. (PG)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News At Noon. **1.00** Grand Designs New Zealand. Final. **1.50** Our Zoo. (PG) **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** One Plus One. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Call Me Dad. (M) **12.30** Mad Dogs. (MA15+) **1.15** The Mix. **1.45** Rage. (MA15+) **4.05** Our Zoo. (PG) **5.00** Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoops! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** Gruen Pitch Rewind. **8.30** Louis Theroux's Weird Weekends. (M) **9.20** Ross Kemp: Extreme World. (MA15+) **10.05** Dirty Laundry. (MA15+) **11.05** Jimmy Fallon. (PG) **11.45** Michael McIntyre's Comedy Roadshow. (M) **12.30** River Monsters. (PG) **1.20** Jimmy Fallon. (PG) **2.05** News Update. **2.10** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Live In Maastricht 2015. **3.00** The World From Above. **3.30** The Lakes. **4.00** Coast. **5.00** Cycling. La Vuelta a España. Stage 15. Highlights. **5.30** Letters And Numbers. **6.00** Nigellissima. **6.30** SBS World News. **7.30** 24 Hours In Emergency. **8.30** Definitive Guide To The Bermuda Triangle. **9.25** Definitive Guide To Sea Monsters. **10.15** SBS News. **10.50** The World Game. **11.20** Cycling. La Vuelta a España. Stage 16. **2.00** Movie: Welcome To The South. (M) (2010) **3.50** Coppers. (M) **4.50** Explosions. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Illusions Of Grandeur. (PG) **4.30** Reality Trip. (PG) **5.25** 365: Every Day Documentaries. **5.30** Daria. **6.00** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** The Mindy Project. (PG) **9.00** The Mindy Project. (PG) **9.00** Movie: Star Trek II: The Wrath Of Khan. (M) (1982) **11.05** Movie: Star Trek III: The Search For Spock. (PG) (1984) **12.55** The Feed. **1.25** Danger 5. (M) **1.55** Movie: Don't Think About It. (M) (2007) **3.55** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.05pm Bridge Of Spies (2015) Drama. Drama. Tom Hanks, Mark Rylance. (M) *Premiere* **8.30pm Fast & Furious 7** (2015) Action. Vin Diesel, Paul Walker. (M) *Premiere* **10.15pm Airheads** (1994) Comedy. Brendan Fraser, Adam Sandler. (M) *Comedy*

GENERAL

8.30pm Fear The Walking Dead. (MA15+) FX **8.30pm Stag**. (MA15+) BBC *First* **8.30pm Empire**. (M) FOX8

DOCUMENTARY

8.30pm Top Gear USA. (PG) BBC *Knowledge* **8.30pm Jamie & Jimmy's Food Fight Club**. (PG) *Lifestyle Food* **9.30pm Stranger On A Bridge**. *Lifestyle You* **SPORT** **6.00am Soccer**. 2018 FIFA World Cup UEFA Qualifier. Norway v Germany. *ESPN2* **8.30pm On The Couch**. Fox Footy **11.00pm Cycling**. UCI World Tour. La Vuelta a España. Stage 16. Alcañiz to Peniscola. *Eurosport*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0509



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North Lakes Community Women's Group Inc. News Written by Sam Stevens Publicity Officer NLCWGI

Ziggabalis Licenced Italian Restaurant in Strathpine was a great lunch venue for a notable attendance of 55 members. The food was delicious, generous and presentable, the service was great, and we had a lovely catch-up with friends and fellow members. Thank you to the staff that made our lunch such an enjoyable event.

We acknowledge the following businesses that made generous contributions of items and vouchers to our Cent Auction. It is your generosity that made our event such a success. Theos Garden Centre, Kallangur; Norths Leagues Club, Kallangur; North Lakes Tavern; Mon Komo Hotel, Redcliffe; Coles Supermarket, Mango Hill; Blue Infusion, North Lakes. Contributors were so numerous we can only recognise a few of you this week due to space restrictions however, others will follow.

Tuesday 6th September 09:45 MONTHLY GENERAL MEETING. Our first spring meeting of the season when once more we congregate for a mingling of the minds as we confirm

our ongoing calendar of events. A constructive morning with a warm, friendly morning tea loaded with chatter. (Chatter on a platter?)

Tuesday 13th September 09:45 MADE BY TABS. Swiss bread making, mmm I can smell it already, if we bring along the butter, jam & honey we can have a Teddy Bear's Picnic. Tabs will also talk about Switzerland and bring her ukulele and sing some Swiss songs. You can find this talented lady on face book.

Tuesday 20th September 09:45 GUEST SPEAKER. A motivational speaker, a great person of interest that will keep us entertained and informed, always a winner.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Hot in Cleveland. (PG)
2.00 The Block. (PG) **3.00** News
 Now. **4.00** Afternoon News. **5.30**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair. **7.30**
 The Block. (PG) **8.40** Married At
 First Sight. (M) **9.50** Kings Cross
 ER. (PG) **10.50** Embarrassing
 Bodies Down Under. (MA15+)
11.50 A To Z. (PG) **12.20** 20/20.
1.20 Nine Presents. **1.30** Danoz
 Direct. **2.30** Global Shop. **3.00**
 Extra. **5.00** Good Morning
 America. **5.00** News Early Edition.
5.30 Today.

GO!

6.00 Children's Programs.
2.00 Sonic Boom. (PG) **2.30**
 SpongeBob. **3.00** Little Charmers.
3.30 Over The Garden Wall. (PG)
4.00 Kids' WB. (PG) **4.05** Looney
 Tunes. **4.30** Batman. (PG) **5.00**
 Steven Universe. **5.30** Teen Titans.
 (PG) **6.00** Regular Show. (PG) **6.30**
 Adv Time. (PG) **7.00** The Middle.
 (PG) **7.30** Lip Sync Battle. (M)
8.30 Justin Bieber Roast. (MA15+)
10.30 Two And A Half Men. (M)
11.30 Balls Of Steel Australia.
 (MA15+) **12.00** Cops Uncut. (M)
12.30 Adv Time. (PG) **1.00** Regular
 Show. (PG) **1.30** Ben 10. (PG) **2.00**
 Rabbids Invasion. (PG) **2.30** Kate
 And Mim-Mim. **3.00** Sonic Boom.
 (PG) **3.30** Yu-Gi-Oh! (PG) **4.00**
 Power Rangers Dino. (PG) **4.30**
 Batman. (PG) **4.50** Thunderbirds.
5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: My Daughter's Secret. (M)
 (2007) **2.00** The Daily Edition.
3.00 The Chase. **4.00** News. **5.00**
 The Chase Australia. **6.00** News.
7.00 Home And Away. (PG) Kat
 gets into trouble on her first shift
 at Salt. Tori and Duncan's romance
 is rekindled. **7.30** Zumbo's Just
 Desserts. (PG) The cooks create a
 dessert inspired by fire. **8.45** 800
 Words. (PG) George lands a scoop
 on the first day of his new job at
 the newspaper. **9.45** Winners &
 Losers. (PG) Frances is invited to
 Pete's parents' 40th anniversary.
10.45 Chicago Fire. (M) **11.45**
 Bates Motel. (MA15+) Final. **12.45**
 Wild Boys. (PG) **2.00** Shopping.
4.00 NBC Today. **5.00** News.
5.30 Sunrise.

7TWO

6.00 Shopping. **7.00** Match It.
7.30 Flushed. **8.00** Toybox. **8.30**
 Harry's Practice. **9.00** Home And
 Away: The Early Years. (PG) **9.30**
 NBC Today. **12.00** Cities Of The
 Underworld. (PG) **1.00** Lovejoy.
 (PG) **2.00** The Great Outdoors.
3.00 Nabbed. (PG) **3.30** Crash
 Investigation Unit. (PG) **4.00**
 Medical Emergency. (PG) **4.30**
 60 Minute Makeover. (PG) **6.30**
 Bargain Hunt. **7.30** Kingdom.
 (PG) **8.30** Inspector Morse. (PG)
 Inspector Morse and Sergeant
 Lewis try to solve a baffling
 case involving the theft of erotic
 paintings. **10.50** The Border.
 (PG) **11.50** Bargain Hunt. **12.50**
 Lovejoy. (PG) **1.50** Dr Oz. (PG)
3.50 The World Around Us. (PG)
5.00 Harry's Practice. **5.30** Crash
 Investigation Unit. (PG)

TEN

6.00 Ent. Tonight. **6.30** The Home
 Team. **7.00** Ben's Menu. **7.30** Bold.
 (PG) **8.00** Family Feud. **8.30** Studio
 10. (PG) **11.00** The Talk. **12.00**
 Dr Phil. (PG) **1.00** To Be Advised.
2.30 GCBC. **3.00** Judge Judy. (PG)
3.30 My Market Kitchen. **4.00**
 Ben's Menu. **4.30** Bold. (PG) **5.00**
 News. **6.00** Family Feud. **6.30** The
 Project. A look at the day's news.
7.30 Australian Survivor. Hosted
 by Jonathan LaPaglia. **8.30** NCIS.
 (M) The US Secretary of Defense
 calls on the team to help a sailor
 who is battling leukaemia. **9.30**
 NCIS: LA. (M) Kensi and Deeks
 go undercover. **10.30** NCIS: New
 Orleans. (M) **11.30** The Project.
12.30 The Late Show With
 Stephen Colbert. **1.30** Shopping.
4.00 Healthy Homes TV. **4.30**
 CBS Morning.

ONE

6.00 Morning Programs. **9.00**
 Megastructures. **10.00** M*A*S*H.
 (PG) **10.30** M*A*S*H. **11.00**
 Hogan's Heroes. **12.00** Get
 Smart. (PG) **1.00** Matlock. (M)
2.00 Vegas. (M) **3.00** Jake And
 The Fatman. (PG) **4.00** Diagnosis
 Murder. (PG) **5.00** Star Trek:
 Voyager. (PG) **6.00** Family Feud.
6.30 M*A*S*H. **7.30** 48 Hours.
 (M) **8.30** Movie: Passion Play.
 (2010) Mickey Rourke, Megan
 Fox, Bill Murray. **10.30** Rosewood.
 (M) **11.30** Star Trek: Voyager.
 (PG) **12.30** Motorcycle Racing.
 MotoGP. Race 12. British Grand
 Prix. Replay. From Silverstone
 Circuit, Silverstone, England.
2.00 Matlock. (M) **3.00** Diagnosis
 Murder. (PG) **4.00** Jake And
 The Fatman. (PG) **5.00** The
 Doctors. (PG)

ABC

6.00 News. **9.00** News Mornings.
10.00 Four Corners. **10.45** Media
 Watch. (PG) **11.00** Back Roads.
11.30 Eggheads. **12.00** News.
1.00 Pointless. **1.50** Our Zoo. (PG)
2.45 Auction Room. **3.15** The
 Cook And The Chef. **3.45** The
 Bill. (PG) **4.10** Murder, She Wrote.
 (PG) **5.00** News. **5.30** The Drum.
6.00 One Plus One. **6.10** Pointless.
7.00 ABC News. **7.30** 7.30. **8.00**
 Catalyst. (PG) **8.30** City In The
 Sky. **9.30** Foreign Correspondent.
10.00 Meet The Mavericks. (M)
 New. **10.30** Lateline. **11.00** The
 Business. **11.20** Q&A. **12.25**
 Golf. PGA Tour. Deutsche Bank
 Championship. Highlights.
1.20 Anatomy. (PG) Final. **1.50**
 Rage. (MA15+) **3.05** City In The
 Sky. **4.05** Our Zoo. (PG) **5.00**
 Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45**
 Pocoyo. **4.55** The Numtums. **5.00**
 Wallykazam! **5.25** Peg + Cat. **5.40**
 Peppa Pig. **5.50** Kazoops! **6.00**
 Hey Duggee. **6.10** Octonauts.
6.20 Peter Rabbit. **6.35** Jamillah
 And Aladdin. **6.50** Shaun The
 Sheep. **7.00** Spicks And Specks.
7.30 River Monsters. (PG) **8.20**
 Gruen Pitch Rewind. **8.30** Good
 Game. (M) **9.00** The Checkout.
 (PG) **9.30** Hard Time. (M) **10.25**
 Dirty Laundry. (M) **11.10** Jimmy
 Fallon. (PG) **11.50** Ross Kemp:
 Extreme World. (MA15+) **12.35**
 The Baby Bomb. (M) **1.30**
 Jimmy Fallon. (PG) **2.15** News
 Update. **2.20** Close. **5.00** Ella
 The Elephant. **5.10** Boj. **5.20** The
 Koala Brothers. **5.35** Angelina
 Ballerina: The Next Steps. **5.45**
 Abney & Teal.

SBS

6.00 WorldWatch. **11.00** Spanish
 News. **12.00** Arabic News.
12.30 Turkish News. **1.00** PBS
 News. **2.00** Purneza. **2.25** Good
 Listening. (PG) **2.55** Years Of
 Living Dangerously. (PG) **3.55**
 Edwardian Insects On Film. (PG)
5.00 Cycling. La Vuelta a España.
 Stage 16. Highlights. **5.30** Letters
 And Numbers. **6.00** Nigellissima.
 Final. **6.30** SBS World News.
7.30 Who Do You Think You
 Are? Australia. **8.30** Insight. **9.30**
 Dateline. **10.00** SBS News. **10.30**
 The Legacy. (MA15+) **11.35** The
 Legacy. (MA15+) **12.40** Movie:
 Submarino. (MA15+) (2010) **2.40**
 The Dales. **3.10** The Dales. **3.35**
 The Dales. **4.00** The Dales. **4.25**
 Food Lovers' Guide To Australia.
5.00 CCTV English News. **5.30**
 NHK World English News.

SBS2

6.00 WorldWatch. **12.05** Hindi
 News. **12.30** Dutch News. **1.00**
 Urdu News. **1.30** Tamil News.
2.00 Thai News. **2.30** Sri Lankan
 Sinhalese News. **3.00** Bangla
 News. **3.30** Nepali News. **4.00** The
 Feed. **4.30** Reality Trip. (PG) **5.25**
 365: Every Day Documentaries.
 (PG) **5.30** Daria. **6.00** If You Are
 The One. **7.05** Brooklyn Nine-
 Nine. (PG) **7.30** The Feed. **8.00**
 Full Frontal With Samantha Bee.
 (M) **8.30** Movie: Star Trek IV:
 The Voyage Home. (PG) (1986)
10.40 How To Find Love Online.
11.45 South Park. (M) **12.15** The
 Feed. **12.45** Fargo. (MA15+) **1.50**
 Fargo. (MA15+) **2.55** @midnight.
 (M) **3.25** @midnight. (M) **3.55**
 France 24 News In English From
 Paris. **5.00** Korean News. **5.30**
 Indonesian News.



MOVIES

6.30pm Highlander
 (1986) Action.
 Christopher Lambert,
 Sean Connery. (M)
 Action
6.50pm Austin
Powers:
Goldmember (2002)
 Comedy. Mike Myers,
 Beyoncé Knowles.
 (M) Comedy
8.30pm Sleeping
With Other People
 (2015) Comedy.
 Jason Sudeikis,
 Alison Brie. (MA15+)
 Premiere
GENERAL
7.30pm The
Blacklist. (M) FX
8.30pm Ripper
Street. (MA15+)
 13th Street
8.30pm Shades
Of Blue. (MA15+)
 Universal Channel
DOCUMENTARY
6.30pm The Art Of
Gothic: Britain's
Midnight Hour. (PG)
 Foxtel Arts
7.30pm Wild
Scotland:
Highlands. (PG)
 National Geographic
 Wild
SPORT
6.00am Soccer. 2018
 FIFA World Cup UEFA
 Qualifier. Spain v
 Liechtenstein. ESPN2
6.00am Tennis. US
 Open. Day 8. Fox
 Sports 4
6.00am Golf. USPGA
 Tour. Deutsche Bank
 Championship. Final
 round. Fox Sports 3

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0609



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot in Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Married At First Sight. **9.50** Eat To Live Forever. (PG) **11.00** The Truth About Fat. **12.00** Weeds. (MA15+) **12.30** Anger Management. (M) **1.00** Extra. **1.30** Danzo Direct. **2.30** Skippy The Bush Kangaroo. **3.00** Global Shop. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Power Rangers Dino. (PG) **1.30** Kate And Mim-Mim. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Little Charmers. **3.30** Rabbids Invasion. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Steven Universe. **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: The Core. (M) (2003) **11.15** Southern Justice. (M) **12.15** Adv Time. (PG) **12.45** Regular Show. (PG) **1.15** Looney Tunes. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Adopting Terror. (M) (2002) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Border Security. (PG) Officers intercept a suspected drug smuggler. **8.00** The Force: Behind The Line. (PG) Police hunt for a robbery suspect. **8.30** The Durrells. (PG) Louisa finds Margo a job at the surgery, but she proves to be hopelessly squeamish and terrible at filing. **9.40** Mrs Brown's Boys. (M) Mrs Brown prepares for Christmas. **10.30** Air Crash Investigation. (PG) **11.30** Autopsy. (M) **12.30** Benefits Street. (M) **1.30** Happy Endings. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** Flushed. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** The Border. (PG) **1.00** Lovejoy. (M) **2.00** The Great Outdoors. **3.00** Cook Me The Money. (PG) Three teams prepare a menu. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) Martin gets a new receptionist. **8.30** Lewis. (M) The body of a man is discovered, lying beneath a car, the day after he was released from prison. **10.30** How Britain Worked. (PG) **11.30** Bargain Hunt. **12.30** Lovejoy. (M) **1.30** Harry's Practice. **2.00** Shopping. **4.00** Cameltrain Downstream. (PG) **5.00** Dr Oz. (PG)

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** The Bachelor Aust. (PG) **2.10** Ent. Tonight. **2.40** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Bachelor Aust. (PG) **8.30** Offspring. Nina's relationship with Harry is tested when she makes a life-altering decision regarding Patrick. **9.30** NCIS: LA. (M) Kensi and Deeks must protect a witness. **10.30** Hawaii Five-0. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. **1.30** Shopping. **4.00** Healthy Homes TV. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Puppy Academy. **8.30** Reel Action. **9.00** 4WD Touring Australia. **10.00** M*A*S*H. **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Vegas. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. **7.30** Robson's Extreme Fishing Challenge. (PG) **8.30** Megafactories. **9.30** Shark Tank. (PG) **10.35** Legends. (MA15+) **11.35** Sons Of Anarchy. (MA15+) **12.45** Home Shopping. **2.15** Diagnosis Murder. (PG) **3.15** Matlock. (M) **4.15** The Unstoppables. **5.00** The Doctors. (PG)

ABC

6.00 Morning Programs. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Pointless. **2.15** Jennifer Byrne Presents The Seven Deadly Sins. **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** One Plus One. **6.10** Pointless. **7.00** News. **7.30** 7.30. **8.00** Anh's Brush With Fame. (M) **8.30** Gruen. (M) **9.10** The Katering Show. (M) **9.20** You Can't Ask That. (M) **9.35** Soul Mates II. (M) **10.10** Would I Lie To You? (PG) **10.45** Lateline. **11.15** The Business. **11.30** Four Corners. **12.20** Media Watch. (PG) **12.35** The Weekly. (PG) **1.05** Would I Lie To You? (PG) **1.40** Rage. (MA15+) **4.05** Our Zoo. (PG) **5.00** Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoops! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** One Plus One. **8.35** The Checkout. (PG) **8.40** The Men Who Made Us Spend. **9.30** Cherry Healey: Secrets Of The Sales. **10.20** Dirty Laundry. (M) **11.15** Jimmy Fallon. (PG) **12.00** Hard Time. (M) **12.50** River Monsters. (PG) **1.40** Jimmy Fallon. (PG) **2.30** News Update. **2.35** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** The Worlds Of Philip K. Dick. (PG) **3.00** Dateline. **3.30** Insight. **4.30** Lions On The Move. **5.30** Letters And Numbers. **6.00** Heston's Gourmet Tour. **6.30** SBS World News. **7.35** Great American Railroad Journeys. **8.35** 24 Hours In Emergency. (M) **9.30** The Secret. (M) **10.25** SBS News. **11.00** Grand Tours. **11.30** Cycling. La Vuelta a España. Stage 17. **2.00** Movie: Kamui. (MA15+) (2009) **4.10** Food Lovers' Guide To Australia. **4.45** The Example. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** Reality Trip. (PG) **5.25** 365: Every Day Documentaries. **5.30** Daria. **6.05** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.35** The Feed. **8.05** Geeks Who Drink. (PG) **8.30** Movie: Star Trek V: The Final Frontier. (PG) (1989) **10.30** Movie: Star Trek VI: The Undiscovered Country. (M) (1991) **12.30** The Feed. **1.00** UnREAL. (M) **1.50** UnREAL. (M) **2.35** Cockroaches. (M) **3.10** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.22pm The Peacemaker (1997) Thriller. George Clooney, Nicole Kidman. (M) **Action** **8.30pm** Head Of State (2003) Comedy. Chris Rock, Bernie Mac. (M) **Comedy** **10.15pm** Welcome To The Jungle (2003) Action. The Rock, Seann William Scott. (M) **Action**

GENERAL

7.30pm The Last Ship. (MA15+) **FX** **8.25pm** Below Deck. (M) **Arena** **8.30pm** The Recruit. (PG) **FOX8**

DOCUMENTARY

7.30pm Food Factory. (PG) **Discovery Science** **7.30pm** Masterclass. (M) **FoxTel Arts** **9.30pm** 60 Days In. (MA15+) **Crime & Investigation**

SPORT

6.00am Soccer. 2018 FIFA World Cup UEFA Qualifier. Switzerland v Portugal. **ESPN** **10.00am** Basketball. WNBA. Phoenix Mercury v Atlanta Dream. **ESPN2** **7.30pm** AFL 360. **Fox Footy**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0709

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot in Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. **8.30** The NRL Footy Show. (M) **10.30** World's Funniest Videos Top 10 Countdown. (PG) **11.00** World's Funniest Videos Top 10 Countdown. (PG) **11.30** The AFL Footy Show. (M) **1.30** Anger Management. (M) **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Kate And Mim-Mim. **2.00** Sonic Boom. **2.30** SpongeBob. **3.00** Little Charmers. **3.30** Rabbids Invasion. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Steven Universe. **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Mom. (M) **8.30** Rick And Morty. **9.30** 2 Broke Girls. (M) **10.30** Anger Management. (M) **11.30** Sullivan & Son. (M) **12.00** Cops Uncut. (MA15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. **2.30** 2.00 Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Secrets Of An Undercover Wife. (M) (2006) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) A crushed Olivia cuts ties with Tabitha. **8.00** Selling Houses Australia. A couple who are planning to have a baby via IVF try to sell their Mudgee home to fund the treatment. **9.10** Movie: Bridget Jones: The Edge Of Reason. (M) (2004) Renée Zellweger, Colin Firth, Hugh Grant. Bridget Jones flees to Thailand on holiday. **11.25** Code Black. (M) The doctors deal with a distraught mother. **12.25** Revenge. (M) **1.25** Revenge. (M) **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Rio 2016 Paralympic Games: Opening Ceremony. **10.15** NBC Today. **12.00** Doc Martin. (PG) **1.00** Lovejoy. (PG) Lovejoy overhears two men arguing. **2.00** The Great Outdoors. Ernie heads to Disneyland. **3.00** Property Ladder. (PG) **4.00** Medical Emergency. (PG) A man is rushed to the Alfred. **4.30** 60 Minute Makeover. (PG) **6.30** Rio 2016 Paralympic Games: Opening Ceremony Highlights. From Maracanã Stadium, Rio de Janeiro. **8.30** Rio 2016 Paralympic Games: Highlights. News, interviews and highlights. **11.00** Rio 2016 Paralympic Games. Day 1: Heats. **2.00** Lovejoy. (PG) **3.00** Property Ladder. (PG) **4.00** Dr Oz. (PG) **5.00** Rio 2016 Paralympic Games. Day 1: Highlights.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** The Bachelor Aust. (PG) **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Bachelor Aust. (PG) Hosted by Osher Günsberg. **9.00** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **10.00** Law & Order: SVU. (M) **11.00** Blue Bloods. (M) **12.00** The Project. **1.00** The Late Show With Stephen Colbert. **2.00** Shopping. **4.00** Healthy Homes TV. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Race 14. Italian Grand Prix. Replay. From Autodromo Nazionale Monza, Monza, Italy. **10.30** M*A*S*H. **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Vegas. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. **6.00** Family Feud. **6.30** M*A*S*H. **7.30** Gold Coast Cops. (PG) **8.30** Megastructures. **9.30** Cops: Adults Only. (PG) **10.00** Cops: Adults Only. (M) **10.30** Clubland. (M) **11.00** Undercover Boss. (PG) **12.00** Californication. (MA15+) **12.35** Home Shopping. **2.05** Cops: Adults Only. (M) **2.35** Bellator MMA. (M)

ABC

6.00 Morning Programs. **11.00** Who's Been Sleeping In My House? **11.30** Eggheads. **12.00** News. **1.00** Pointless. **1.50** Our Zoo. (PG) **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** One Plus One. **6.10** Pointless. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** The Checkout. (PG) **8.30** The Code. (M) **9.30** The Tunnel: Sabotage. (M) **10.20** Lateline. **10.50** The Business. **11.05** Flying Miners. (PG) **12.05** Lowdown. (M) **12.35** Outside Chance. (PG) **1.05** Press Club. **2.05** Golf. PGA Tour. Deutsche Bank Championship. Highlights. **3.15** The Tunnel: Sabotage. (M) **4.05** Our Zoo. (PG) **5.00** Eggheads. **5.30** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoops! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** River Monsters. (PG) **8.20** Gruen Pitche Rewind. **8.30** Gruen XL. (M) **9.15** Catastrophe. (M) Return. **9.40** Episodes. (M) **10.10** Broad City. (M) **10.35** Dirty Laundry. (MA15+) **11.20** Jimmy Fallon. (PG) **12.00** Live At The Apollo. (M) **12.50** River Monsters. (PG) **1.40** Jimmy Fallon. (PG) **2.20** News Update. **2.25** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Contact. (PG) **2.30** Cathedrals Of Culture. **3.00** WWII's Tunnels Of Death: The Big Dig. (PG) **4.00** Dive WWII. (PG) **5.00** Cycling. La Vuelta a España. Stage 17. Highlights. **5.30** Letters And Numbers. **6.00** Antonio Carluccio's 6 Seasons. New. **6.30** SBS World News. **7.30** World's Greatest Food Markets. (M) **8.30** Luke Nguyen's Street Food Asia. **9.00** Destination Flavour Down Under. **9.30** Versailles. **11.20** SBS News. **11.30** Cycling. La Vuelta a España. Stage 18. **2.00** Ainsley Harriott's Street Food. **2.55** Who Do You Think You Are? **3.55** Wild West With Ray Mears. (PG) **4.55** Ridicule. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** Reality Trip. (PG) **5.25** 365: Every Day Documentaries. **5.30** Daria. **6.05** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Billy On The Street. **8.30** Movie: Star Trek: Generations. (PG) (1994) **10.40** Plastic Galaxy: Star Wars Toys. (PG) **11.55** The Feed. **12.25** League Nation Live. **2.00** Town Of The Living Dead. (M) **2.25** Living With The Enemy. (M) **3.25** Attack On Titan. (M) **3.55** Attack On Titan. (M) **4.25** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.15pm Creed (2015) Drama. Michael B. Jordan, Sylvester Stallone. (M) **Premiere** **7.30pm Paddington** (2014) Family. Hugh Bonneville, Ben Whishaw. (G) **Family** **8.30pm Taxi Driver** (1976) Drama. Robert De Niro, Jodie Foster. (MA15+) **Masterpiece**

GENERAL

8.30pm The Musketeers. (M) **BBC First** **8.30pm Not Safe With Nikki Glaser.** (MA15+) **Comedy Channel** **9.30pm Project Runway All Stars.** (M) **Arena** **DOCUMENTARY** **7.30pm Inside Secret Societies.** (M) **History** **8.30pm The Wine Show.** (PG) **Lifestyle Food** **8.30pm Beijing Billionaires.** **Lifestyle** **SPORT** **6.00am Tennis.** US Open. Day 10. **Fox Sports 4** **6.30pm NRL 360.** **Fox Sports 1** **7.30pm Golf.** European PGA Tour. KLM Open. First round. **Fox Sports 3**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0809

Advertisement

WHY HAVE A MASSAGE?

By Cherisse Buckland, Zen Chi Natatural Therapies

The list of massage types is about as long as a...err...massage table. From Remedial, to Shiatsu, Swedish, to Hot Stone, there is sure to be a therapy to suit your needs. Massage manipulates the body's soft tissues for better circulation, blood flow and healing. Specific techniques are applied to the body to bring about relief. Massage can be helpful with the following: (to name a few)

- After a workout: massage has been shown to soothe muscles after vigorous exercise. A recent study found that a 10 minute Swedish massage can abate inflammation to help your body recover after exercise.
- After work: if you're feeling tired after a long week at the office, massage may help relieve stress and desk-related strains and pains.
- During pregnancy: although pregnancy can be an exciting time, it can also cause tension and pain. Specially-trained pregnancy massage therapists can help relieve cramps, aches and insomnia.
- For anxiety: before reaching for a chocolate bar when you're feeling tense, consider a massage. A study found that women who had massage therapy for five weeks had more energy and felt less depressed.
- For migraines: numerous studies have praised massage for its migraine-busting benefits. It's also ideal for people who suffer from tension headaches, particularly when attention is paid to the neck and shoulders.
- For high blood pressure: Having a regular massage may help lower blood pressure in people with hypertension.

These benefits aside, perhaps the best reason to get a massage is that it feels fabulous!

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: The Cure. (PG) (1995) Joseph Mazzello. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Rugby League. NRL. First qualifying final. **10.15** Movie: Passenger 57. (M) (1992) Wesley Snipes, Bruce Payne, Tom Sizemore. An airline security expert takes action after becoming a hostage aboard a hijacked flight. **12.00** Movie: Other People's Money. (M) (1991) Danny DeVito, Gregory Peck, Penelope Ann Miller. A corporate raider meets his match. **2.00** Anger Management. (M) **2.30** The Baron. (PG) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **1.00** Power Rangers Dino. (PG) **1.30** Kate And Mim-Mim. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Little Charmers. **3.30** Rabbids Invasion. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Steven Universe. **5.30** Teen Titans. (PG) **6.00** Monsters Vs Aliens: Mutant Pumpkins From Outer Space. (PG) **6.30** Movie: Looney Tunes: Back In Action. (G) (2003) **8.30** Movie: Constantine. (M) (2005) **10.50** Movie: The Woman In Black. (M) (2012) **12.45** Forever. (M) **1.40** Ben 10. (PG) **2.05** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Total Stranger. (M) (1999) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Joh and Pete visit an inner-city Melbourne home which is covered entirely in grass. **8.30** Movie: Meet The Fockers. (M) (2004) Ben Stiller, Teri Polo, Dustin Hoffman, Barbra Streisand. A young man takes his fiancée and her parents to Miami to meet his family who live an alternative lifestyle. **10.55** To Be Advised. **12.55** Family Tools. (PG) A man takes control of his father's business. **1.25** Family Tools. (PG) Jack tries to reconnect with a woman. **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Rio 2016 Paralympic Games. Day 1: Highlights. **7.00** Rio 2016 Paralympic Games. Day 1: Finals. **11.00** NBC Today. **12.00** Better Homes. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Australia's Best Backyards. **3.30** The Outdoor Room With Jamie Durie. **4.00** Best Houses Australia. **4.30** 60 Minute Makeover. (PG) The team completes a renovation. **6.30** Bargain Hunt. **7.30** The Border. (PG) Agents fight back against drug cartels. **8.30** Rio 2016 Paralympic Games: Highlights. News, interviews and highlights. **11.00** Rio 2016 Paralympic Games. Day 2: Heats. **2.00** Lovejoy. (PG) **3.00** Bargain Hunt. **4.00** Dr Oz. (PG) **5.00** Rio 2016 Paralympic Games. Day 2: Highlights.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** GCB. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. **8.30** Have You Been Paying Attention? (M) Special guests include Ed Kavalee, Sam Pang, Urzila Carlson, Anne Edmonds and Wil Anderson. **9.30** Comedy Megastars With Joel Creasey. (M) Hosted by Joel Creasey. **10.30** To Be Advised. **11.00** To Be Advised. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motorcycle Racing. MotoGP. Race 12. British Grand Prix. Replay. From Silverstone Circuit, Silverstone, England. **9.30** Animal Extra. **10.00** M*A*S*H. **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. **2.10** Vegas. **3.50** Diagnosis Murder. **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M*A*S*H. **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: True Justice: Street Wars. (M) (2011) Steven Seagal, Meghan Ory, Warren Christie. **11.30** Get Smart. (PG) **12.30** Home Shopping. **2.00** Hogan's Heroes. **3.00** MacGyver. (PG) **4.00** Walker, Texas Ranger. (M) **5.00** The Doctors. (PG)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** From The Heart. **11.30** Eggheads. **12.00** News At Noon. **1.00** Pointless. **1.50** Our Zoo. (PG) **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** One Plus One. **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Birds Of A Feather. (PG) **8.25** Midsomer Murders. (PG) **9.55** QI. (PG) **10.30** Lateline. **11.00** The Business. **11.15** Adam Hills: The Last Leg. (M) **12.00** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.25** Mister Maker Around The World. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoos! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Jamillah And Aladdin. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** Gruen Pitch Revind. **8.30** The Midwives. (PG) **9.30** Pot Cops. (M) **10.20** Dirty Laundry. (M) **11.10** Jimmy Fallon. (PG) **11.50** Sex Rehab With Dr Drew. (M) **12.30** River Monsters. (PG) **1.20** Jimmy Fallon. (PG) **2.05** News Update. **2.10** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **2.00** International Festival Of Language And Culture. **3.00** The Point Review. **3.30** Heston's In Search Of Perfection. (PG) **4.00** Heston's In Search Of Perfection. **4.30** Heston's In Search Of Perfection. **5.00** Cycling. La Vuelta a España. Stage 18. Highlights. **5.30** Letters And Numbers. **6.00** Antonio Carluccio's 6 Seasons. **6.30** SBS World News. **7.30** Empire Of The Tsars: Romanov Russia. (PG) **8.35** Movie: Elizabeth. (MA15+) (1998) **10.50** SBS News. **11.20** Cycling. La Vuelta a España. Stage 19. **2.00** Medieval Lives: Birth, Marriage, Death. (PG) **3.10** Medieval Lives: Birth, Marriage, Death. (PG) **4.15** Food Lovers' Guide To Australia. **4.50** Hunger. (M) **5.00** CCTV English News. **5.30** WorldWatch.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Fameless. (PG) **5.00** Brain Games. (PG) **5.30** Street Genius. **5.55** 365: Every Day Documentaries. **6.00** If You Are The One. **7.00** Human Resources. (PG) **7.30** Friday Feed. **8.00** RocketJump. (PG) **8.30** Movie: Star Trek: First Contact. (M) (1996) **10.35** Flying To The Ends Of The Earth. (PG) **11.30** Movie: Young Detective Dee: Rise Of The Sea Dragon. (M) (2013) **1.55** Movie: Agent Hamilton. (MA15+) (2012) **4.00** PopAsia. (PG) **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Scouts Guide To The Zombie Apocalypse (2015) Comedy. Tye Sheridan, Logan Miller. (MA15+) *Premiere*

8.30pm The Silence Of The Lambs (1991) Thriller. Anthony Hopkins, Jodie Foster. (MA15+) *Masterpiece*

10.05pm I Love You, Man (2009) Comedy. Paul Rudd, Jason Segel. (MA15+) *Comedy*

GENERAL

8.30pm Law & Order: SVU. (MA15+) *Universal Channel*

9.30pm A Place To Call Home. (TBC) *TV Hits*

DOCUMENTARY

7.30pm Mao In Colour: A Study In Tyranny. (PG) *History*

9.30pm For The Love Of Cars. (PG) *Discovery Turbo*

10.00pm Tiny House Hunting. *Lifestyle Home*

SPORT

10.00am Ice Hockey. World Cup Exhibition. North America v Europe. *ESPN2*

7.50pm Rugby League. NRL Finals Series. *Fox Sports 1*

7.50pm Football. AFL Finals Series. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0909

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

What a great Cent Auction we had! It was a fabulous meeting with a record attendance and takings in excess of \$1,100 with the added bonus of a delightful morning tea supplied by Sovereign Funerals, in recognition of Senior's Week, thank you Rose. We also owe special thanks to Sue B and her minions for the successful production of this event and a big thank you to all those members who helped and contributed items. We also extend our thanks to those businesses that made this possible with such generous contributions of items and vouchers: M.E. Jewellery For You, Redcliffe; Julie Duncan - Bears & Old Lace; The Bead Lady Tabs; Kats Corner, North Lakes; Ziggabalis Italian Restaurant, Strathpine; Redcliffe RSL. Contributors were so numerous we can only recognise a few of you this week due to space restrictions however, others will follow.

WEDNESDAY 31st August 07:45 & 08:00 BUSTRIP. Eumundi Markets, Sunshine Coast. Australia's premier artisan market with a diverse and amazing range of art, craft, products, entertainment and local produce. Priority for members who have registered and paid in advance.

Tuesday 6th September 09:45 MONTHLY GENERAL MEETING. Our first spring meeting of the season when once more we congregate for a mingling of the minds as we confirm our ongoing calendar of events. A constructive morning with a warm, friendly morning tea loaded with chatter. (Chatter on a platter?)

Tuesday 13th September 09:45 MADE BY TABS. Swiss bread making, mmm I can smell it already, if we bring along the butter, jam & honey we can have a Teddy Bear's Picnic. Tabs will also talk about Switzerland and bring her ukulele and sing some Swiss songs. You can find this talented lady on face book.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

THE Messenger
online

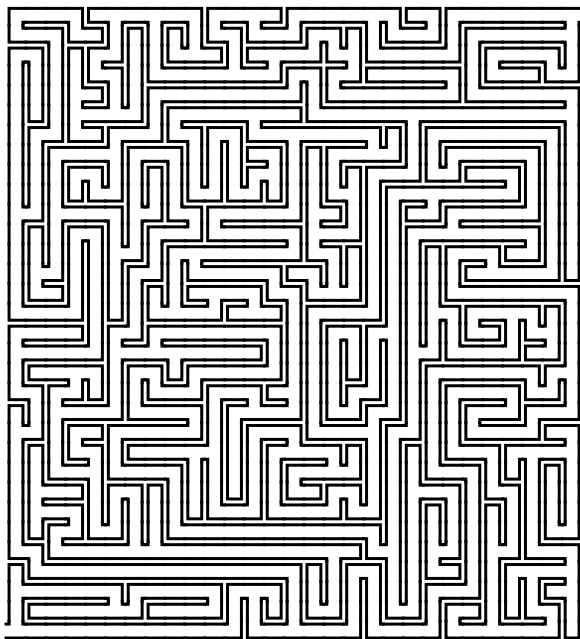
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Sudoku

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Amazing Mazes



Crossword Solution from last issue

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M	I	A	S	M	A		P	L	E	A	S	A
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Crossword 6447

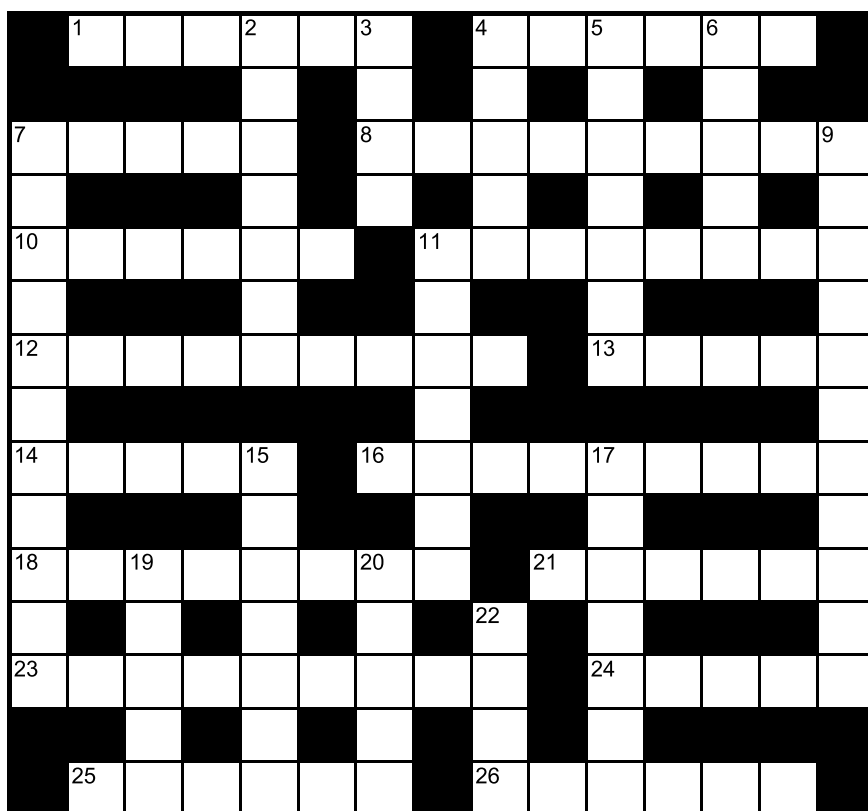
Kindly provided Olympics 2020 hopeful - Laurie Stibbe

ACROSS

- 1 Atmospheric optical illusion
- 4 Walkie-talkies
- 7 Maori farewell
- 8 Surrendered the throne
- 10 Visitor
- 11 Redolent
- 12 Arduous
- 13 Truehearted
- 14 Having a circular shape
- 16 Improved in physical condition
- 18 Not diplomatic
- 21 One who pays rent
- 23 Female offspring
- 24 Tendency
- 25 Alteration
- 26 Change direction suddenly

DOWN

- 2 Non-professional
- 3 Stylish elegance
- 4 Radiolocation
- 5 Numbering based on 10
- 6 Group of eight singers
- 7 Increased car's speed
- 9 Decreased car's speed
- 11 Talismans
- 15 Porpoise
- 17 Dramatic art
- 19 Puppy love
- 20 Encircle as military tactic
- 22 Utilises



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To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



Climbing Queensland Construction

The latest ABS data shows the volume of construction work done in Queensland in the June quarter rose 2.7 per cent to \$9.47 billion, but will it continue?

Treasurer Curtis Pitt said that the first quarterly increase since September 2013 with the highest quarterly increases was directly attributed to the amount of public investment in Queensland.

"This is the first quarterly increase (seasonally adjusted) in engineering construction in 10 quarters, following the falls from completion of LNG projects," Mr Pitt said.

"The real value of engineering construction in Queensland rose 3.3 per cent in the June quarter although it should be noted that engineering construction was 23.5 per cent lower over the year as works associated with major LNG projects wind down.

"Non-residential work done also increased 4.3 per cent over the last quarter, comprising increases in both public and private sector work.

"Specifically, the ABS reported a 20.1 per cent quarterly increase in public investment last quarter with an 84.3 per cent annual increase in public investment contributing to the overall result.

"My concern is that the construction of new houses remains well below pre-GFC levels, which is why we boosted the Queensland First Home Owners Grant to \$20,000 to stimulate activity in the sector.

construction of new houses remains well below pre-GFC levels

"Frankly there's never been a better time to buy given record low interest rates, Queensland's competitive housing costs and the assistance on offer from the Palaszczuk Government to get help first home buyers into the market.

"The construction of medium-to-high density category continuing to trend upwards, rising 5.9 per cent in the June quarter. That's 38.6 per cent higher over the year.

"The ABS noted that recent information on building approvals and the value of housing work yet to be done suggests that the strength in Queensland's dwelling sector is likely to continue in 2016-17, particularly in medium to high density housing."

However, the latest HIA National Outlook (Australia's most comprehensive housing report card), while highlighting the vital economic role that new housing activity continues to play, also recognises the unprecedented uncertainty facing the new home construction outlook on a national level.

"National new home building activity remains very strong in 2016/17 as a recovery in renovations investment continues to take hold," said Housing Industry Association Chief Economist, Dr Harley Dale.

"The current new home building boom is unlike any other that has come before it. It is the longest and largest in Australia's history and has provided an unprecedented economic boost to the nation, without which domestic demand would be in or close to recession," Harley Dale said.

"This cycle is marked by substantial regional divergences in the levels of activity in various markets around the country; and the mix of dwelling types being built has changed dramatically. As the down cycle in new home building unfolds, the record pipeline of medium/high density dwellings in particular creates considerable uncertainty as to the timing and magnitude of the decline in construction."

HIA's forecasts are for a peak of over 232,500 new dwelling commencements to have been reached in 2015/16, which will be followed by three consecutive years of decline. New dwelling commencements are forecast to bottom out at a level of around 166,500 in 2018/19, but there is downside risk to this forecast under current economic and political settings.

"Just as new home building activity seems to be reaching its peak, the recovery in the home renovations market has started to gather pace," noted Harley Dale.

"National renovations investment got off to a great start in 2016, growing by 2.2 per cent in the March quarter. HIA expects that renovations activity grew by 4.2 per cent in 2015/16 – the fastest rate of increase in over a decade.

Further growth over subsequent years is forecast to take renovations activity to a value of nearly \$33.2 billion by 2018/19," concluded Harley Dale.



JUST LISTED

37 PERIDOT CRES, MANGO HILL

\$559,000



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- 4 Spacious bedrooms
- Potential side access
- 2 living zones
- 2 x garden sheds
- 2 x water tanks
- Immaculate presentation
- 718sqm block
- Easy walk to train, Coles & Mango Hill State School



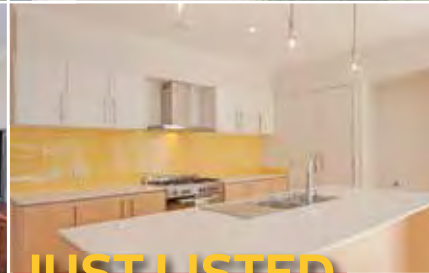
Jarod Faulkner

0447 734 206 | jfaulkner.northlakes@ljh.com.au



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3 CHRYSLER PARADE, NORTH LAKES

\$495,000



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- Air-conditioning
- 2 living areas
- Hill Top Green location
- Plantation home
- Walking distance to school
- 2 bathrooms
- 450m2 block



Des Malakai

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JUST LISTED

9 BRAHEEM COURT, MORAYFIELD



OFFERS OVER \$375,000

GREAT FAMILY HOME WITH 2 SEPARATE LIVING AREAS

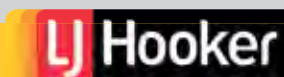


- 4 Generous sized bedrooms
- 2 living zones
- Open plan kitchen
- 764m2 block
- Air-conditioning
- Over looking park
- Nice big back yard
- Minutes drive to Morayfield Shopping centre



Arun Chhikara

0437 612 548 | achhikara.northlakes@ljh.com.au



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JUST LISTED

10 SUNTRUST STREET, NORTH LAKES

\$399,000

ONE OF THE CHEAPEST IN NORTH LAKES!

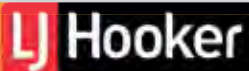


- 3 Bedrooms + Study/4th Bedroom
- Large open plan air-conditioned living
- 2 bathrooms
- Water tank and ceiling fans
- Low maintenance garden
- Close to local schools, shops & transport



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JUST LISTED

93 POSSUM PARADE, NORTH LAKES

OFFERS OVER \$509,000

GREAT FAMILY HOME WITH 2 SEPARATE LIVING AREAS

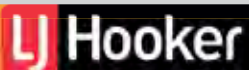


- 4 Generous sized bedrooms
- 2 separate living rooms
- 9ft ceilings
- Air-conditioning
- Large separate laundry
- Security screens / water tank
- Landscaped gardens
- Close to schools and shops



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JUST LISTED

46 MARYVALE ROAD, MANGO HILL

\$639,000

4 + STUDY WITH POOL AND SIDE ACCESS!



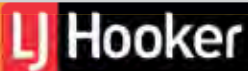
- 4 Bedrooms
- Study
- 2 Separate living
- Large kitchen with loads of cupboard space

- Air-conditioning and screens
- Side access for boat or trailer
- Large salt water pool
- HUGE covered pergola



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JUST LISTED

20 LANGER CIRCUIT, NORTH LAKES

\$553,000

SPACIOUS FAMILY HOME IN FAIRWAY CHASE!



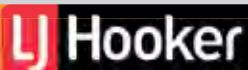
- 4 large bedrooms
- 2 separate living areas
- Ducted air-conditioning
- Beautiful designer bathrooms

- Beautifully landscaped gardens
- New paint and carpet
- 'Fairway Chase' location
- Close to schools and transport



Jarod Faulkner

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Auction



Burpengary 34 Chestnut Drive

5 3 14

The Pictures Speak For Themselves

- * 3000m2 block
- * 280m2 of shed space
- * 5 bedrooms, 3 bathrooms
- * Completely landscaped
- * Amazing entertaining and pool
- * Dual living

On Site Auction

Saturday 10 September, 2:30pm

Open Home

3 & 10 Sept 1:30 - 2:30pm

7 Sept 4:30 - 5:30pm

Kerry Marks

M 0409 345 987



For Sale



North Lakes 27 Chichester Street

4 2 2

Looking For A Quality Family Home?

- * Main bedroom with ceiling fan and walk-in-robe;
- * Ensuite to the main;
- * Ceiling fans and robes to all other bedrooms;
- * Large undercover patio;
- * Garden shed;
- * Functional kitchen and plenty of cupboard space.

For Sale

\$455,000

Open Home

Please call for your private inspection

Kerry Marks

M 0409 345 987



For Sale



North Lakes 40 Pandorea Circuit 4 2 2

Spacious Family Living

For Sale \$680,000

Sitting on 695sqm, this 267sqm home features: 9ft ceilings in bedrooms, 10ft ceiling in foyer & Cathedral ceiling in the main living room, sep. study, kitchen with gas cooktop, open plan kitchen/dining & family room, outdoor entertainment area, side access, landscaped gardens with shed, water tank, security system & intercom, security screens.

For Sale



Murrumba Downs 16 Waranga Court 3 2 2

Duplex That Thinks It's A House

For Sale \$395,000

This property has been recently painted and re-carpeted. Nestled in a quiet cul-de-sac on 400sqm, features include: 3 bedrooms all with air con with master ens and WIR, new kitchen with gas cooktop and electric stove, air conditioned throughout, additional downstairs toilet, covered outdoor area, fully fenced and totally private, low maintenance garden

For Sale



Deception Bay 35 Joseph Court 4 1 3

Attention Investors

For Sale \$395,000

Perched on a generous 814 sqm block, this 4 bed, 1 bath, 2 toilet and single car garage plus separate double shed is only 300m from the waters edge.

Property features include: Kitchen has a new granite bench top & a gas cooktop, rear deck along the entire length of the house, down stairs is the games room and 4th bed with sep. toilet, split system air con, fully fenced with side access, 5,000 ltr water tank, additional sheds.



Rod Sheather

0412 745 784

rod.sheather@harcourts.com.au

For Sale



Mango Hill 14 Zircon Place

4 2 2

Great First Home or Investment

This house may look small from the outside, but wait until you walk inside.

Sitting on 484sqm block this house has a lot to offer. Main bedroom with WIR & ens along with 3 queen size bedrooms all with fans & BIR. 2 spacious living areas, plus a covered alfresco area out the back. The house is positioned on the block well with side access on both sides of the property. Quite cul-de-sac.

For Sale
\$456,000

Open Home
Please call for your private inspection

Paul Jopson
M 0426 828 647



Just Sold



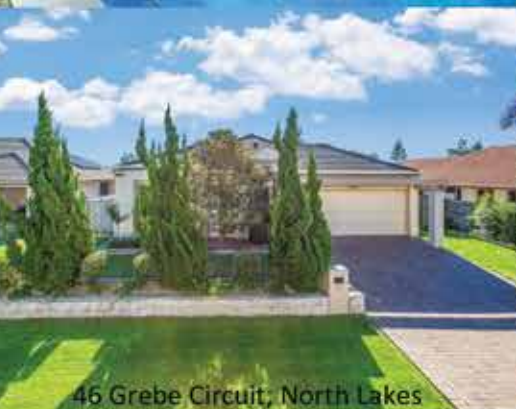
28 Elkington Circuit, North Lakes



17 Gleeson Street, North Lakes



16 Songlark Court, Mango Hill



46 Grebe Circuit, North Lakes



4 Armour Court, North Lakes



4 Backhousia Court, North Lakes



North Lakes 38 Sandpiper Avenue

4 2 2

ABSOLUTELY STUNNING!!

Alex and Renata Silva are very proud to introduce this unique property set against a backdrop of parkland with flowering trees and lovely Lake Melaleuca views. The abundance of glazing opens the house up to the natural surroundings and attracts the sun light. The fantastic high ceilings provide a feeling of space. Superb finishings throughout this home will make it difficult to click out of holiday mode. Located at Sandpiper Avenue, one the most prime locations in North Lakes, this fantastic home boasts 4 bedrooms plus study, ducted air-conditioning, plunge pool with spa jets, solar power, 2 entertainment areas on an enormous 807 m2 block, plus views of Lake Melaleuca wetlands, it is simply magnificent!

Auction Onsite

10th Sep 2016 12pm
View Sat 12pm - 12.30pm
Alex & Renata Silva
0415 584 349
alex.silva@raywhite.com
raywhitenorthlakesqld.com.au
raywhitemangohill.com.au



Ray White North Lakes | Mango Hill



North Lakes 54 Cottonwood Circuit

3 2 1

Amazing Park Location! Modern Stylish Living!

This masterfully designed home, situated in beautiful Cottonwood Circuit has a superb outlook, directly opposite Woodside Park, Playground & Fields and is abundant with charm and character, whilst providing all of the essentials of modern living at its finest. Standing out from the crowd, this 3 bedroom home is superior in many respects when compared to most other 3 bedroom cottage style homes in North Lakes. The stylish and innovative design makes good use of all available space both inside and outside, thus creating a roomy and spacious feeling overall. Don't miss your opportunity to secure this fantastic home! Don't delay - Call Darren & Lisa Suhle now on 0400 197 529



Sale

\$399,000+
View 9.00 - 9.30am
Darren & Lisa Suhle
0400 197 529
darren.suhle@raywhite.com
raywhitenorthlakesqld.com.au
raywhitemangohill.com.au



Ray White North Lakes | Mango Hill



Mango Hill 22 Limosa Court

4 2 2

SOLD by Vijay Kumar!

Thinking of Selling?

Vijay Kumar
0477 199 210

Ray White North Lakes | Mango Hill



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17 Bowerbird Crescent, Dakabin

View Saturday 3rd Sep 12.00-12.30pm

Sale \$359,000+



3 2 1



13 Copeland Drive, North Lakes

View Saturday 3rd Sep 10.00-10.30am

Sale \$679,000+



4 2 2



8 Burgan Close, North Lakes

View Saturday 3rd Sep 10.00-10.30am

Sale \$639,000



4 2 2



7 Auburn Lane, North Lakes

View Saturday 3rd Sep 11.00-11.30am

Sale \$499,000+



4 2 4



36 Lochside Drive, North Lakes

View Saturday 3rd Sep 2.00-2.30pm

Sale \$899,000+



4 3 2



54 Cottonwood Cct, North Lakes

View Saturday 3rd Sep 9.00-9.30am

Sale \$399,000+



3 2 1



6 Medinah Circuit, North Lakes

View Saturday 3rd Sep 1.00-1.30pm

Sale \$415,000



4 2 2



33 Kangaroo Street, North Lakes

View Saturday 3rd Sep 3.00-3.30pm

Sale \$399,000+



4 2 1

For further info on these fantastic homes call Darren Suhle 0400 197 529





1 Palmerston Street, North Lakes

View Contact Agent

Rent \$430 per week



4 2 2



103/9 White Ibis Drive, Griffin

View Contact Agent

Rent \$340 per week



3 2 1



5 Nash Court, Mango Hill

View Contact Agent

Rent \$395 per week



4 2 1



67 Lanagan Circuit, North Lakes

View Contact Agent

Rent \$390 per week



4 2 1



60 Glengrove Circuit, Mango Hill

View Contact Agent

Rent \$380 per week



3 2 1



20/128 Kinsellas Road West, Mango Hill

View Contact Agent

Rent \$350 per week



3 2 1



23 Brindabella Court, North Lakes

View Contact Agent

Rent \$595 per week



4 3 2



41 Palmerston Street, North Lakes

View Contact Agent

Rent \$480 per week



4 2 2

For further info on these fantastic homes call Rebecca Welch 0410 242 017

Ray White North Lakes | Mango Hill



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Local nbn Rollout

More connections for North Lakes and Mango Hill

Locals will be seeing a lot of this in the coming weeks (perhaps without Luke Howarth MP in the pit) as nbn subcontractors begin connecting more premises. The service is currently available to some in select pockets locally but with network designs for greater North Lakes and Mango Hill now finalised, work is underway.

Federal Member for Petrie, Luke Howarth MP welcomed the news.

"The message for these residents is clear – superfast broadband is on its way," Mr Howarth said.

"When I was first elected the previous Labor Government had made many promises with little or no delivery, however, today the nbn is being rolled out on time and on budget."

"Already over 34,200 premises in the Petrie Electorate have an NBN service available and over the next few months 5,600 households and businesses in North Lakes and Mango Hill area will be able to sign up to an nbn plan," Mr Howarth said.

Described as 'technology-agnostic' the current approach allows for and implements new technologies as they become commercially



viable. This has led to the introduction of rollout ranges for each technology type.

Once connected, consumers can pick their retail service provider, and will be supplied with a new modem to enable high-speed broadband. A range of plans with various download quotas and speed tiers are available to suit consumer and business needs.

"In coming months more businesses and homes across North Lakes and Mango Hill will be more productive with

businesses accessing new online services like cloud-based accounting software and families taking advantage of access to online education, health tools and even entertainment," Mr Howarth said.

Last Friday, NBN Co Ltd confirmed they remain on track to complete the complex network build by 2020, connecting 8 million premises nation-wide.

More information on how to connect to the nbn is available at www.nbnco.com.au



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